DOCUMENT RESUME

ED 052 421 AC 010 445

TITLE	Abstracts: Title IV Research and Development Program; Fiscal Years 1966-1968. Final Reports.
INSTITUTION	Administration on Aging (DHEW), Washington, D.C.
PUB DATE	Sep 70
NOTE	105p.; Partial publication
EDRS PRICE	EDRS Price MF-$0.65 HC-$6.58
DESCRIPTORS	*Abstracts, *Older Adults, *Research Reviews (Publications)

ABSTRACT

Abstracts of some of the final reports prepared under Title IV Research and Development Program for Fiscal Year 1966-1968 are presented. Subject areas covered by these abstracts are Needs and Social Services; Nutrition; Retirement, Employment, and Leisure; Social Participation; Special Problems; Transportation and Safety; and Volunteers and Aides. The format of the 54 abstracts that appear in this document is Final Report Title; Project Number; Date of Report; Project Description; Project Director; Grantee; Descriptors; Statement of the Problem; Methodology Used; Major Results Obtained; and Usage Potential. (DB)

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U.S. DEPARTMENT OF
HEALTH, EDUCATION, AND WELFARE
Social and Rehabilitation Service
Administration on Aging

* PARTIAL

ABSTRACTS*

Title IV Research and Development Program

FINAL REPORTS

Fiscal Years 1966 - 1968

Administration on Aging
Social and Rehabilitation Service
U.S. DEPARTMENT OF HEALTH, EDUCATION, AND WELFARE

* Partial

September 1970

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NEEDS AND

SOCIAL SERVICES

FINAL REPORT TITLE: Need and Utilization of Services Among the Aged of Greater Boston

PROJECT NUMBER: AA-0024
DATE OF REPORT: February 1969

PROJECT DESCRIPTION: To determine the incidence of need among the aged with respect to health, housing, social activities and social service programs.

PROJECT DIRECTOR: Morris Axelrod

GRANTEE: Joint Center for Urban Studies of the Massachusetts Institute of Technology and Harvard University
44A Brattle Street
Cambridge, Massachusetts 02138 (VIII)

DESCRIPTORS: Aged; Characteristics; Demographic; Employment; Gerontology; Morale; Needs; Services.

ABSTRACT

STATEMENT OF THE PROBLEM: This study was designed to determine the incidence of need among the aged with respect to health, housing, social activities and social service programs. The study also focused upon the relationships between such needs and the individuals' characteristics such as income, education and generation in the United States. The main objective was to identify reasons why aged who need help with their problems do not use the various community services available to help them.

METHODOLOGY USED: This study originated as a research project for the combined Jewish Philanthropies of Greater Boston designed for evaluating and planning community services. The Division of Chronic Diseases, Gerontological Branch, of the Public Health Services incorporated a study of the aged into the overall research plan. By combining the studies, a probability sample of the aged would be less difficult and less expensive to obtain. The costs of the screening was shared by both agencies.

A questionnaire was constructed to meet the mutual interest of both parties involved in the study. It was designed to gather information on demographic data, health data, housing, social interaction, social services and mental health.

The survey collected the following data:

1. demographic data: age, sex, marital status, household composition, education, occupation, income, religion, generation in U.S. and nationality;
2. health: self-rating of health, number of conditions, recency of seeing a doctor, hospitalization and some measures of preventative health steps that may have been taken;
3. housing: quality of housing, number of rooms, type of tenure, amount of rent and type of structure;
4. social interaction: interaction with friends and relatives and memberships and participation in formal organizations;
5. social services: knowledge of nursing home services and incidence of use, homemaker services, employment, counseling needs, attendance at Golden Age Club meetings and attitudes towards use of special housing; and
6. mental health: measures of morale, self-perception and attitude toward life.

The sample was drawn from a probability sample of 7,000 addresses designed to be representative of the Boston area. These addresses were screened and each time a person 65 or older was found, he was interviewed. In all, 1,335 interviews were made. The response rate, the percentage of all aged persons found who were interviewed, was 70%.

The interviewing was done by a staff of over 50 interviewers specifically hired and trained for this project. Interviewers received one week of intensive interview training plus evaluation and discussion of their interviewing after they had begun. The administration time of the interviews averaged approximately one hour. The period of interviewing lasted for approximately eight months. The analysis of the data was done by computer.

MAJOR RESULTS OBTAINED: For the aged who are widowed, 80% live alone or with a child. Those who live alone are most likely to be living on substandard incomes. Despite the lower incomes, the housing conditions are not worse than the average for the total population.

The rate of aged moving in with their children appears to decline as they depart from the immigrant generation. The aged are more likely to live with their children because the financial burdens are less for their children.

A small proportion of the aged were accomodated in public housing. For those who rented there were advantages to renting outside central city due to size and condition of housing and amount of rent.

In regard to health, the very old and poor reported relatively more chronic conditions. The younger, higher income aged tended to seek preventative medical care. Those with lower incomes were reluctant to seek treatment of health problems.

Among the aged, those who know of a social service tend to use that service or to report a need for that service. The poor and less educated aged were least likely to know what services are available to help them. Those who had the greatest need for the use of social clubs were those who knew the least about them.

The levels of income, health, quality of housing and the degree to which an individual had contacts outside the home, were all independently related to the self-rated morale of the aged. If the aged person was high in any two of the above subjects, he was likely to rate his morale as high. Education, generation in the United States, living arrangements or age correlated with a person's self-rated morale.

USAGE POTENTIAL: The results of this study have direct implications for those working in the field of gerontology. The large amounts of data gathered in this study could be generalized to other areas of the United States, allowing those interested in the field to become familiar with the problems of the aged. There is a definite implication for public information directed at the aged population concerning programs and community activites to which the aged could avail themselves.

The three major problems of finance, housing and health were prevalent among the aged in this study. Any program should take these findings into consideration in developing or improving services to the aged.

The report itself could be used by those interested in the field of gerontology, as a source of information regarding many problem areas. For the new student in this field, a perusal of this report would acquaint him with the many problems of the aged.

R. D. Taylor (AA-0024)

FINAL REPORT TITLE: Aging: A Factual Survey in the Capitol Region
PROJECT NUMBER: AA-0102
DATE OF REPORT: June 1968
PROJECT DESCRIPTION: To survey available and needed services for the aged in a large metropolitan area.
PROJECT DIRECTOR: Dr. James R. Brown
GRANTEE: Greater Hartford Community Council Committee on Aging
c/o The Regional Affairs Center
University of Hartford
Hartford, Connecticut 06117 (I)

DESCRIPTORS: Aging; Characteristics; Employment; Geriatrics; Health; Housing; Methodology; Needs; Suburban; Survey; Urban.

ABSTRACT

STATEMENT OF THE PROBLEM: This project is a survey of the aging population of the greater Hartford, Connecticut, Capitol Region. Its purpose was to supply information and guidelines for health and welfare agencies in order for them to make decisions relative to the provision of assistance and services to the aging. A review was to be made of all services available to the aging coupled with extensive home interviews with persons 60 years and older who resided in the city of Hartford and in the surrounding suburban area.

METHODOLOGY USED: The sampling method for collecting data was used for the study since it was too costly to take a complete census of the aging population. Since the city of Hartford was different from the rest of the 28 towns in terms of its population size and characteristics, including sex and number of aging, two separate samples were drawn. One was representative of the urban city of Hartford and the other representative of the 28 suburban towns.

The survey was conducted by means of face-to-face interviews in the respondents homes. All interviews were carefully structured and standardized and were followed by a set of multiple choice answers. A pretest was used followed by advice and help from a panel of specialists who appraised all questions.

The entire questionnaire consisted of two parts. The first part contained 10 questions concerned with the characteristics of the respondents and the second part gathered data about the current conditions and needs of the aged. There were 67 questions covering the seven major areas of physical health, mental health, housing, employment and finance, transportation, leisure time activities and miscellaneous activities. Data were punched on IBM cards but the data, in general, were presented in descriptive terms. The survey did furnish percentage information and data were presented in terms of indexes of central values without statistical inferences.

MAJOR RESULTS OBTAINED: The major results of Part I - Characteristics of the Population were as follows:

1. Both the urban and suburban groups were basically alike in general characteristics, such as age, citizenship, place of birth, etc. But, it was found that three per cent of the total samples were illiterate and that nearly two-thirds of the suburban sample were married and living with their mates, while only one-third of the urban sample were so situated, with many living alone. Efforts should be made to provide classes to reduce illiteracy and to locate the aging living alone in an effort to reduce the problem of social isolation.

2. Most of the aged considered themselves to be in good health, a little more than one-half had health problems and one-third had physical disabilities. It was recommended that a central facility in each municipality be established to furnish the aged information about health and medical problems.
3. Most of the aged had not received any psychiatric treatment, yet more than one-half indicated that they had problems requiring outside help. Most depended on friends or relatives but 10% had no one to go to for advice. It was recommended that information via mass media be provided the aged regarding available resources for solving personal problems and that institutes designed to point out the positive and negative aspects of aging be provided by agencies serving the aged.
4. The majority of the aging had lived in their homes for more than 10 years. Over 80% of the suburban sample were home owners, but only one-third of the urban sample were in the same categories. Only 10% wanted to be relocated in order to obtain better housing and lower rent. It was recommended that more low rent public housing with telephone service and property tax exemption be provided.
5. The majority of the respondents were fully retired while 17% were employed on a full-time basis and approximately 15% on a part-time basis. Of the total sample, only 11% were interested in either full-time or part-time employment yet approximately 36% indicated they needed additional income either through employment, public assistance or other financial sources.
6. Despite advanced age, nearly one-fourth of the aged indicated an interest in pursuing educational subjects of one type or another. Continuing education for this group is recommended especially in hobbies, household arts and public affairs.

Part II of the survey dealing with conditions and needs of the aged yielded the following recommendations:

1. Efforts should be made to understand the older citizen and to change the concept held by the general public that the aged are all dependent, in poor health and a burden to society.
2. To locate the aging in each area is important and each community should develop its own "Project Find."
3. Organize decentralized information and referral services and involve the aged in planning for their own needs.
4. Provide a trained staff familiar with the problems of older people, develop resource centers such as libraries and organize and support local or regional Commissions on Aging who can provide leadership.
5. Plan for and promote needed new services for the aging.

USAGE POTENTIAL: This is a study that could be useful and valuable primarily to someone interested in methodology for surveying the characteristics and needs of a sample of older people. Its results may be of some value to gerontologists, sociologists, psychologists and others in the behavioral science field who are interested in the characteristics of a given sample of the aged and who wish to compare roughly urban and suburban samples.

B. O. B. Thomason (AA-0102)

FINAL REPORT TITLE: Overcoming Barriers to Protective Services for the Aged
PROJECT NUMBER: AA-0101
DATE OF REPORT: January 1968
PROJECT DESCRIPTION: To identify barriers to the provision of protective services, especially to the marginally impaired older persons; to discover implication of these barriers; and to issue a report reflecting the findings developed by the council for local agencies which undertake the provision of protective services for the elderly.
PROJECT DIRECTOR: National Council on the Aging
GRANTEE: National Council on the Aging
315 Port Avenue South
New York, New York 10010 (XIX)

DESCRIPTORS: Aged; Disabled; Legal Aid; Need; Protective Services; Social Services; Supportive Services.

ABSTRACT

STATEMENT OF THE PROBLEM: This report describes the results of a National Institute on Protective Services which was sponsored by the National Council on the Aging. The purpose of the national conference was to identify barriers to the provision of protective services to the aged and to renew efforts to implement such services. The major objective of the Institute was to assess the experience of individuals who provide protective services to older people and to consider methods for the improvement of such services.

METHODOLOGY USED: In general, "protective service" refers to meeting the special needs of impaired aged persons. Since many older persons experience deterioration of health and decreasing inability to function effectively and to cope with environmental changes, services to provide protection to older persons are required.

A system of protective service has three component functions. First, the preventive function is based on an early recognition of potential need for assistance and provides the individual with information and encouragement for independent living, self-direction and continual well-being. The preventive function of protective services aims to help the older person avoid or minimize those conditions and situations which are likely to result in inability to function independently and well. Second, the supportive function attempts to give help and support to impaired older persons so that they can maintain self-direction and achieve their best possible level of functioning. Supportive services include casework, counseling, homemaking, visiting nurse, medical and psychiatric services, legal assistance and other services. Third, the surrogate function is designed to act in behalf of the impaired older person (with or without his consent) and to secure the supportive services appropriate to his needs. Although the client's dysfunction may not be so great as to require judicial intervention, it nearly always requires specific legal authority.

The workshop sessions of the Institute, which were charged with identifying and overcoming barriers to action regarding protective services, resulted in the preparation of several reports. The reports focused on problems related to defining protective services, outlining the complex nature of such services, promoting agency coordination and noting the need for community services. There were also reports

on the characteristics of protective service clients, the lack of "models" of a protective service agency and the role of legal intervention in protective service cases.

MAJOR RESULTS OBTAINED: Older impaired persons were characterized as often being physically repulsive, neglected, ill-kempt, stubborn, angry, complaining, resistant, uncooperative and ungrateful. They were nearly always fearful, and often they were disoriented.

Negative community attitudes toward elderly persons is often reflected by a hesitancy to become personally involved with the problems of distressed individuals. In this atmosphere, normally responsible citizens and even professional practitioners appear able to side-step elderly persons who may be sick, dirty, not in full possession of their faculties and rejecting help.

The need to protect the community as well as the individual is clear in many cases. Bizarre or objectionable public behavior may become socially intolerable. Illness or inability to cope with the functions of daily living may create a health and safety hazard (e.g. danger of fire) in a neighborhood. Incompetence or bad judgment in handling money may lead to victimization and exploitation, which offends the moral sense of a community.

In such crisis situations, the community becomes aware of its lack of appropriate authority or resources to meet the need. Where these situations become frequent enough to arouse sufficient awareness, the community will demand the kind of system of protective services described above. The people in most communities are compassionate and humanitarian. They have a sense of "fair play" and a belief in equal treatment for all citizens that is deeply ingrained in our society. Protective services may be interpreted to the community as a means for guaranteeing fair play; a way of providing for people who cannot otherwise take advantage of the services now available to all the elderly.

USAGE POTENTIAL: The protective service concept seems to border on a philosophy which calls for an ombudsman. Besides the elderly, many weak and neglected persons should receive special services. Children are already protected by many social agencies and laws. Other groups of persons who might benefit from the intensive care and attention which protective service personnel seem to provide are post-institutionalized persons who are relative-less and socially isolated and the welfare mother who struggles daily to keep her children and her home intact.

P. R. Salomone (AA-0101)

FINAL REPORT TITLE: Senior Centers: Information for Planning and Evaluation
PROJECT NUMBER: AA- 0068
DATE OF REPORT: April 1969

PROJECT DESCRIPTION: To identify, assemble and analyze information on senior centers including the information on the types of programs being offered to older persons through such centers, the number of persons participating in these centers, the cost of operating such facilities, the different types of centers, and how they are financially supported.

PROJECT DIRECTOR: Nancy N. Anderson, Ph.D.
GRANTEE: Institute for Interdisciplinary Studies
American Rehabilitation Foundation
1800 Chicago Avenue
Minneapolis, Minnesota 55404 (V)

DESCRIPTORS: Aged; Communities; Directory; Elderly; Entertainment; Evaluation; Old Age; Older Americans Act; Recreation; Resources; Retired; Social; Survey.

ABSTRACT

STATEMENT OF THE PROBLEM: The Administration on Aging was established by the Older Americans Act (P.L. 89-73) of 1965. Under Title III of that Act, funds were expended to subsidize the operation of "Senior Centers" which provide to retired or aged citizens the services of organized, group social and entertainment activities; a physical plant for individual activities; counseling services; and the performance of liaison functions with other social service and community agencies. This project was an attempt to collect data relevant to the impact of the Senior Center funds upon communities and the older members of the population.

The data collected were to provide a basis for the evaluation of current operations in preparation for future planning. A national directory of Senior Centers was also to be compiled. To qualify as a Senior Center, an organization for older citizens was required to meet regularly at a single site, be open a minimum of three days per week, and have a director.

METHODOLOGY USED: Data were collected via a survey schedule comprised of ten pages of questions. The schedules were prepared in two forms, short (directory information only) and long (directory and planning data). Two mailings to all 2,496 centers and telephone calls to most of the center directors resulted in a 40% response rate for planning purposes (long form replies) and a 54% response rate for directory preparation (short form replies).

Cross tabulations and frequency counts were made on the 1,002 long forms that were voluntarily returned. Correlation coefficients were computed using a sample of the sample (N=212) due to limitations on available computer programs. All data used in the analyses were provided by the directors with no verification (e.g., census data). The principal investigator reported that these administrators tended to overestimate the number of people served and were inclined ". . .to make their Centers look good."

MAJOR RESULTS OBTAINED: Only 33% of the older persons in the community were being served. Of the total, only 19% of the eligible minority group members, 32% of the eligible poor, and 11% of the eligible disabled were served by the Centers. The average Senior Center was run

by a director (50% of whom had no college degree) with the assistance of 11 other persons. They provided approximately four recreational activities. Sixty percent provided some community services, and 50% some counseling services. The average Senior Center had an annual budget of $27,000 and a physical plant of 1,500-3,000 square feet. The most urgent need, in the directors' opinion, was for more storage space and hobby-crafts facilities.

Only 40% of the Centers had full-time directors. The principal investigator concluded that the approximately 400 Centers receiving Federal funds performed their services no better than the other 600. It was felt that these funds have had little impact and that Federal and State agencies had little or no influence on Center operations.

USAGE POTENTIAL: The study suggests that further detailed planning is required if benefits are to be accrued from and attributed to the expenditure of Federal funds for the support of Senior Centers. The national directory compiled as a result of this study should be made available to rehabilitation and other social service agencies. It would be beneficial to update the directory annually as an aid to the rehabilitation and social service workers, and as an evaluation tool. Consideration should be given to a detailed cost-benefits study conducted in a quantitative rather than sociological manner. Experiments in the area of program planning, joint organization and facilities design might well be supported in order to provide a model Senior Center. This model could then be used as a practical, positive evaluation criterion in a variety of areas. In-service training for Center staff (including directors) might be sponsored by some nationwide, state-Federal, social service program in order to upgrade the number and type of activities and services now provided.

N. S. Dumas (AA-0068)

FINAL REPORT TITLE: Factors in Utilization of Services by Mexican-American Elderly PROJECT NUMBER: AA-0061 DATE OF REPORT: 1968
PROJECT DESCRIPTION: To determine why Mexican-American elderly persons do not apply in representative numbers for public housing especially designed for elderly persons.
PROJECT DIRECTOR: Frances M. Carp
GRANTEE: Center for Research & Evaluation in the Applications of Technology in Education American Institutes for Research
P. O. Box 1113
Palo Alto, California 94302 (X)

DESCRIPTORS: Aged; Attitudes; Community; Mexican-Americans; Minorities; Public Housing; Services; Subcultures; Survey; Utilization.

ABSTRACT

STATEMENT OF THE PROBLEM: The purpose of the study was to ascertain why Mexican-American elderly persons in San Antonio, Texas, do not apply in representative numbers for public housing which is especially designed for and limited to the elderly. A comparison of the utilization rate of other community services (medical and senior center services) between Anglo-American and Mexican-American elderly persons was also a project objective.

METHODOLOGY USED: Information was collected from 102 Mexican-American residents of San Antonio who were 62 years of age and older, and who had income levels which would probably qualify them for public housing. An effort was made to interview equal numbers of men and women although it was recognized that locating and securing the cooperation of a substantial number of men would be difficult. Analyses were performed with data from 31 men and 69 women.

The interviewers were bilingual individuals who had grown up in the Mexican-American community and who were widely and well acquainted there. Data collection was based on an interview schedule developed for the study. The interview was conducted informally. Questions were phrased as seemed suitable in each situation and the order in which they were asked varied with each interviewer. Questions related to utilization of services were purposefully open-ended and the interviewer recorded responses as fully as possible.

For certain data analyses, Mexican-American respondents were compared with Anglo-American applicants to the public housing facility for the elderly which had just been built. The demographic and biographical characteristics of both groups served both to describe each group and to suggest factors, possibly related to ethnic group differences, which may be associated with utilization of community services and resources.

MAJOR RESULTS OBTAINED: Concerning subject application for public housing for the elderly, many Anglo-American elderly persons in the sample had applied for such housing while none of the Mexican-American elderly persons had done so. The majority of the latter group were satisfied with their housing arrangements and did not want to move to new private or public housing. Fifteen per cent had never heard of public housing and 21% had applied for public housing at one time. The primary sources of general information about public housing were seeing such housing facilities in the community and information received from friends and relatives.

When asked what they thought about housing for older people only (private or public), the large majority of Mexican-Americans responded favorably. However, they further indicated that such housing was an excellent idea only for other people. Only 17% of the sample could conceive of the possibility under which they would apply for living accommodations in a residence limited to older persons. Most of the respondents were well satisfied with their present situation. Home ownership, desire for independence, proximity to relatives and desire to remain close to friends and neighbors were some of the reasons given for lack of interest in new housing arrangements.

Despite the concentrated efforts of the community, the subjects knew very little about a new high rise apartment for the elderly in San Antonio. Less than one-third had heard about such an apartment complex that had been built several years prior to the study. Although there had been considerable publicity in the community about the new apartment house and special efforts had been made to inform the Mexican-American community and to interest its members in making applications for apartments in it, only five of the 100 subjects had heard of the housing facility. Newspapers, radio and television were the sources of information for the five subjects.

USAGE POTENTIAL: The results of this study are especially useful for any person or group planning an information campaign to inform aged Mexican-Americans or Puerto Ricans about public housing, medical services, governmental benefits and services, senior citizen centers, or other relevant programs or services. Non-elderly persons who may be part of a minority group or who may have limited accessibility to or capability to use the public media are also target populations for which the results of this study may be of use. The low utilization rates of public services and programs by persons who are especially in need of them requires imaginative innovative approaches to information dispersal campaigns.

P. R. Salomone (AA-0061)

FINAL REPORT TITLE: Seminars for Seniors: An Experiment in Educational Television for the Elderly

PROJECT NUMBER: AA-0050
DATE OF REPORT: 1970

PROJECT DESCRIPTION: A survey designed to explore the effectiveness of "Seminars for Seniors," a series of educational television programs which were produced for the elderly of Minnesota.

PROJECT DIRECTOR: Martin McGowan, Jr.

GRANTEE: Twin City Area Educational Television Corporation
1640 Como Avenue
St. Paul, Minnesota 55108 (IV)

DESCRIPTORS: Aged; Educational Programs; Elderly; Seminars; Senior Citizens; Survey; Television.

ABSTRACT

STATEMENT OF THE PROBLEM: The project consisted of a survey designed to explore the effectiveness of "Seminars for Seniors," a series of educational television programs which were produced for the elderly of Minnesota. The purpose of the series was to:

1. establish and maintain a channel of communication with the elderly of the State of Minnesota through the medium of educational television;
2. provide, on television, a regular weekly series of programs designed to motivate the elderly to respond in ways which would enhance their ability to cope with problems encountered in their later years;
3. provide a clearinghouse for information of interest to the elderly through the weekly programs and auxiliary materials available to viewers; and
4. ensure maximum participation in viewing the series by employing the talents of six retired persons who would represent "Seminars for Seniors" in the field, by speaking before groups of elderly stimulating interest and participation in the series at the local level.

Items of information sought in the survey were demographic characteristics of viewers of the television series, data relevant to the viewing habits of the seminar viewers, viewer reaction to the series and suggestions for improvement of the series.

METHODOLOGY: The study design called for the mailing of three sets of questionnaires of 800 each (a total of 2,400). The sample had been randomly selected from a file of individuals who had contacted "Seminars for Seniors" during the course of the project.

The questionnaire was composed mostly of fixed alternative items. Two questions of the open-end variety were included to obtain the respondents' subjective reactions to the series. Respondents were not identified on the questionnaire but a sequential numbering system facilitated mailing follow-up letters. A second phase of the study involved mailing brief questionnaires relating to programs aired on four consecutive weeks in July, 1969. The participants in this phase were self-selected from the group of respondents to the general questionnaire. All data were processed by the staff of the Augsburg College Social Science Research Center.

MAJOR RESULTS: Response to the programs was voluminous, in terms of unsolicited letters and calls, and a general count of viewing response. The survey also showed that the seminars were successful.

Comparisons with 1960 census figures and the sample's (934 persons) age composition revealed a notable underrepresentation of the age group, 60 to 64, and increasing proportionate representation with advancing age. A proportionately large number of females were reported in the survey. Almost 50% of the viewers reported incomes under $3,000. Some 65.5% of the viewers lived in single-family dwellings and 88% of the respondents lived alone or with a spouse. More than half of the total had learned of the series through the newspaper or by receiving a program schedule through the mail. Twenty per cent had learned of the series at senior citizen club or center meetings.

The greatest number of viewers lived in the metropolitan Minneapolis-St. Paul telecast area. Predominantly rural Appleton telecast area had the smallest percentage of respondents, with only four per cent of the sample from that area. Most viewers saw the programs at home alone or with their spouse, rather than with friends or relatives. Over half viewed the program on a regular basis, while 22% watched at least half of the presentations and 20% viewed them twice a month or less.

Sixty-two per cent of the viewers rated the programs as being very interesting, eight per cent as uninteresting and 34% (316 viewers) fairly interesting. Most regarded the series as valuable for learning about subjects of interest to them, 18% as a means of keeping in touch with activities of other older people, 16% as an indication that others were interested in their problems and five per cent viewed it only for entertainment or to pass time.

Some 39.5% reported learning more from the seminars than from any other source of information. About 82% felt guests were well chosen. Viewers preferred shows dealing with governmental programs affecting the elderly, such as Social Security, Medicare and tax relief. The second most popular area was health, while least popular subjects were religion and politics.

Conclusions of the research were that the intent of the project had been fulfilled, but that there would be value in conducting a study of individuals who had been questioned prior to being shown the series in order to more thoroughly measure information gain and attitude changes.

USAGE POTENTIAL: To social workers, rehabilitation workers and others interested in the welfare of the aged, the research substantiates the general receptiveness of the elderly to educational programs, particularly those which are informative of government programs affecting them. The project demonstrates the immense potential of television and this type of program to reach the lower income aged with information of value to them for their betterment, well-being or general enjoyment.

Dale Kohn (AA-0050)

FINAL REPORT TITLE: Filial Responsibility, Social Provision and Social Policy: A Study of Their Relationship
PROJECT NUMBER: AA-0048
DATE OF REPORT: 1969
PROJECT DESCRIPTION: To gather data on experiences and preferences expressed by independent and older people living in an urban setting concerning their source of help with problems.
PROJECT DIRECTOR: William G. Bell
GRANTEE: The Florence Heller Graduate School for Advanced Studies in Social Welfare
Branders University
Waltham, Massachusetts 02154 (IV)

DESCRIPTORS: Aged; Assistance; Family; Gerontology; Health; Recreation; Responsibility; Social Policy; Study; Welfare.

ABSTRACT

STATEMENT OF THE PROBLEM: The purpose of this research was to gather data, systematically, on experiences and preferences reported by independent urban older people in the use of familial and formal sources of potential help with problems and stress encountered in later life. The question of "where do older people turn for help with normal problems of daily living," was asked. This social gerontological concern of intergenerational relations within families in a contemporary industrial society was the primary focus.

More specific objectives were to:

1. gather descriptive data on living arrangements and generational relations of independent elderly in an urban area of the United States;
2. identify patterns of mutual aid between an adult child and elderly parents, as reported by parents;
3. obtain estimates of current knowledge and utilization of community health and welfare services, as reported by elderly people; and
4. determine the effects or association of social class of elderly parents and the source and type of help requested.

METHODOLOGY USED: Home interviews were conducted systematically between October and December of 1967 with 173 male and female aged residing in noninstitutional settings in metropolitan Erie County, New York. The subjects represented a randomly selected cluster of elderly drawn by means of an area probability sample of households in the major city of Buffalo and its suburban areas. Study data was elicited in the course of structured interviews by experienced staff utilizing a standardized interview schedule.

In the context of this study, elderly, aged or older persons refers to men and women 62 years of age or over. Those included in this study were residents of private households. Those excluded were residents of institutions for the aged such as nursing homes, hospitals and residents of hotels, motels or military installations. The concept of "independence" refers to elderly in noninstitutional settings for whom familial and communal social agency resources for help with problems of daily living may be salient. Social status of respondents was identified by use of occupational status as an index.

The interview schedule used included a mixture of multiple choice, structured and open end questions covering seven different areas. Those areas included demographic details, contact with children, personal health

problems, knowledge and use of community resources, retirement, problems acknowledge as serious by respondents and current housing of respondents.

MAJOR RESULTS OBTAINED: The 173 interviews completed represented 65% of the total 269 attempted interviews. The social class status ratings indicated 46% were in the white collar stratum and 54% in the blue collar stratum. Over 90% of the respondents had resided in Erie County for a generation or more. Eighty-two per cent of the respondents were parents with living children.

In terms of family relations, about three-fifths had children in the family or potential sources of assistance, one-fifth had one child only and the final fifth had no children. One-half of the sample were married and resided with a spouse. Seventeen per cent in the white collar and 25% in the blue collar groups were living with a child. Close to one-half of the blue collar parents and better than one-third of the white collar parents lived within a 10-minute journey of one child. Relations with at least one local child were frequent and appeared equally high in both social classes.

In terms of help from parent to child, there was no difference by parental social class. A child of blue collar parents is most likely to provide a home for parents. Blue collar parents are more likely to receive financial help from a child. More care in times of illness was provided by a child of blue collar parents. There was no marked difference in social class and provision of emotional support or in provision of personal maintanance services.

In terms of formal organizations as sources of help, the white collar elderly exhibited greater familiarity than blue collar aged with formal health and welfare services. Blue collar aged were more familiar with the agencies that were closer to home. Blue collar aged also reported more problems that would require help than white collar aged. There was no congruence between knowledge and use of social agencies.

USAGE POTENTIAL: The results of this study seem to point to some specific needs in the organization and delivery of services to the aged in an urban setting. The concepts of outreach and advocacy seem to be appropriate topics of concern, in light of this study, to administration in programs serving aged citizens. As pointed out in the study, the findings are important to further development of more effective programs for the aged in this country.

The demographic variables presented and the problems encountered by the aged presents useful information for those interested in the field of gerontology, particularly for the student preparing to enter this field. Specific areas for further research and proposals are included in the final report as well as one chapter which presents a review of theoretical considerations of the problems of aging.

R. D. Taylor (AA-0048)

FINAL REPORT TITLE: Los Angeles Labor Retiree Research Report
PROJECT NUMBER: AA-0011
DATE OF REPORT: December 1967
PROJECT DESCRIPTION: A study to discover and implement ways in which the economic, social and psychological needs of 1250 retired members of 450 affiliated union locals may be met better by the unions through the organization and sponsoring of local community activities and service.
PROJECT DIRECTOR: S. G. "Goodie" Goodman
GRANTEE: Los Angeles County Federation of Labor, AFL-CIO
2130 West Ninth Street
Los Angeles, California 90006 (XXX)

DESCRIPTORS: Aged; Counseling; Elderly; Health; Health Insurance; Labor Union; Pension; Preretirement Planning; Retirement; Statistics; Transportation.

ABSTRACT

STATEMENT OF THE PROBLEM: The project secured information to develop a profile of the retired union member, including:

1. economic and social status;
2. educational and recreational opportunities;
3. needs and desires with respect to programming for the present and future;
4. the use that retirees made of existing services;
5. the need for informational centers or services; and
6. the desirability of establishing counseling service centers.

In addition, the project strove to determine to what extent retirees were interested in these programs and in the renewing of fraternal relationships with their unions. The number and extent of programs now offered was sought as well as the means of coordinating all labor union retirement programs with those developed by government and community groups. Finally, the project sought to explore means that central labor bodies might use to encourage affiliated unions to develop programs for retired members.

METHODOLOGY USED: The survey was carried out through the use of questionnaires. The sample obtained a cross-section of retirees from 100 Los Angeles County Federation of Labor locals.

One questionnaire sought to obtain information from 450 affiliate unions of the Los Angeles County Federation of Labor, indicating interest, facilities and manpower available for existing retirement activities and interest in the establishment of programs and services where none existed. Another questionnaire sought information from the retired members of the affiliated unions to determine their status and conditions of living. Personal interviews were also conducted alongside the questionnaire.

MAJOR RESULTS OBTAINED: One hundred and seventy-seven questionnaires representing 240 local unions were returned. Sixty locals or 25% of the returns indicated they did sponsor some retiree activity, such as social/recreational, preretirement counseling or travel tours. But few had what could be considered complete programs. When asked if they would favor a permanent retiree department within

the Federation to sponsor, coordinate and assist in promoting programs retirees, 70.2% replied "yes." When asked if they would participate in retirement activities instigated by the Federation, 74.1% replied "yes."

A second questionnaire was prepared for the retirees. Twelve hundred and fifty-one or 40% of the total contacted were interviewed. Over 91% had received no preretirement counseling. Eighteen per cent had not taken advantage of preretirement services offered. Sixty-five per cent had done no preretirement planning on their own.

Sixty per cent said they were enjoying retirement very much, but eight per cent not at all. Sixty-four per cent said retirement had turned out as they expected. Twenty-four per cent had trouble adjusting to retirement, the biggest problems being health and finances. Reasons for retirement were choice (33%), age (32%) and health or disability (31%). Twenty-one per cent said they had fewer friends after retirement, while 62% had about the same number as when working. When asked if they would be interested in further education, 18% said they would be interested in adult education classes, nine per cent in hobby classes and 65% in job skill training. When asked about sponsored activities, 48% indicated interest in travel tours, 47% in retirement clubs and 43% in retirement meetings or dinners. Counseling centers desired were social security (62%), medicare (55%), legal assistance (39%), tax (33%) and insurance (31%).

With regard to health, 48% said they were in good health, these being almost equal proportions of male and female. The percentages of people in the good health category remained constant throughout most age groups except for the under 59 and the 80 or over categories. Most felt their health was about the same as when they retired (57%) and that it did not greatly affect their activities. Eighty-two per cent had seen a doctor in the past year, mostly for a checkup. The most frequent medical problem was heart ailment. Only 22% had used hospital benefits under medicare, and for 64% of these, the hospital had not required more than the $40.00 deductible for admission. Eighty-five per cent were covered by medicare, 45% had used it. Seventy-three per cent of the total interviewed had other health insurance plans.

Sixty-two per cent of the retirees owned their own home or apartment. Seventy-two per cent were married. Sixty-five per cent were living with spouses, 22% were living alone. Seventy-eight per cent were living in the same place they were when they retired. Of the 279 who had moved, the major reasons were financial (25%) and health (16%).

Major source of income (multiple responses) was social security (95%) with union negotiated pension second (70%). Average monthly income was $300.75 with $291.55 in expenses. Median monthly income was $281.00 with $275.40 in expenses. Ten per cent were working, 82% of these in order to supplement income. Eighty per cent of these were working part-time. Fifty-nine per cent were doing work similar to that done prior to retirement. Of those not working, approximately 42% could not because of physical condition and 40% did not want to.

USAGE POTENTIAL: The study well serves its itemized objectives. It would be particularly useful as background for developing preretirement counseling programs. It offers a sample of information useful to persons doing research on the possibility of involvement of retirees in post-retirement volunteer or social work activities.

Dale Kohn (AA-0011)

FINAL REPORT TITLE: R.E.A.L. Services: Information, Counseling and Referral Program

PROJECT NUMBER: AA-0038
DATE OF REPORT: February 1969

PROJECT DESCRIPTION: To assist the older adult population in the utilization of existing services while simultaneously carrying out a study to determine their status and needs for planned program.

PROJECT DIRECTOR: Lester J. Fox
GRANTEE: United Community Services of St. Joseph County, Inc.
120 S. Taylor Street
South Bend, Indiana 46601 (III)

DESCRIPTORS: Central Registry; Counseling; Effectiveness; Interview; Needs; Older Adults; Outreach; Public Relations; Referral; Resources; Service Directory; Service Gaps; Study.

ABSTRACT

STATEMENT OF THE PROBLEM: In St. Joseph County, Indiana, a need existed to study the service requirements of older adults and the services available to them. This project was designed to establish a central registry of older adults, to identify their needs and resources, and to simultaneously carry out a counseling and referral program to enable those needing services to be helped by existing community services and agencies. Also intended was the identification of potential new programs for older adults in the community.

METHODOLOGY USED: Five census tract areas were carefully selected as the project's target areas. The census tracts chosen were those having a large population of older adults with varied social, economic and cultural characteristics.

An attempt was made to interview all older adults in each tract area. Within thirteen weeks, 622 interviews were completed out of a total of 1,494 attempted. The data collected from this group of 622 older adults was used to develop a profile of older adults in St. Joseph County. Basic characteristics determined included: race, marital status, income, employment status, employment desire, cost of maintaining a household, housing specifications, medical care, health, disabilities, transportation needs, social activities, contact with children, and voluntary activities. Interviewing continued for a total period of two years and resulted in the completion and documentation of 7,250 interviews. The characteristics of the older adult population revealed in the initial study of 622 completed interviews was, for the most part, substantiated in the total study.

Counseling services were offered concurrent with the interviewing and study activities. A very active public relations campaign was also carried out to acquaint older adults with the project and to encourage their participation.

MAJOR RESULTS OBTAINED: It was concluded that the objectives of the project were realized. A central registry of older adults was established, and a directory of community services for older adults was prepared and distributed. The study of characteristics of the older adult population proved extremely valuable in describing this population and predicting its needs. This led to the identification of the need for programs some of which were developed and implemented.

The information, counseling, and referral services were utilized by 11,322 persons. Many of these occasions of service represented "immediate need" identified by the interviewer.

Of interest is the fact that the project resulted in the funding of a continuing program for coordination of services to older adults through the United Community Service of St. Joseph County, Inc.

USAGE POTENTIAL: This rather thoroughly documented study of older adults could be used as a model for similar investigations in other communities. Older adults were utilized as interviewers very effectively. Their use and training is described and would be helpful to organizations planning to utilize such older persons in similar situations.

The public relations carried out in conjunction with the project were very extensive and apparently very effective. The appendix includes copies of newspaper stories, pictures and other items used to publicize the program. This material would be useful demonstrate what an agency or organization can do to promote such a program.

S. A. Wesbury (AA-0038)

FINAL REPORT TITLE: Research Project on Planned Change in Social Provisions for Older People
PROJECT NUMBER: AA-0037
DATE OF REPORT: February 1969

PROJECT DESCRIPTION: To determine the extent of social services provided for persons over 60 years of age.

PROJECT DIRECTOR: Marilyn Flynn and Merlin Taber
GRANTEE: United Community Council of Champaign County
303 South Wright Street
Champaign, Illinois 61820 (XXII)

DESCRIPTORS: Change; Community; Gerontology; Health; Intervention; Methodology; Older Adult; Planning; Social; Social Insurance; Sociology; Welfare.

ABSTRACT

STATEMENT OF THE PROBLEM: This was a study designed to examine the entire network of public, private, nonprofit and voluntary organizations which provide services or material assistance to adults in three Illinois counties. It was a comprehensive research project to show the total amount and type of social provisions for people age 60 and over, and the number of aging persons, by age, sex and residence, who received socially provided services and money payments during a typical one month period.

METHODOLOGY USED: Data were collected for the period October 1 to 31, 1968, from 425 organizations and programs which monthly serve more than 100,000 adult residents, age 18 and over, from Sangamon, McLean and Champaign counties, Illinois. During this period, cooperating groups and institutions recorded the total number of adults seen, number of persons age 60 and over, by age, sex, marital status and residence and the amount of time and money payments given to older people, in hours and dollars.

Those agencies and institutions were selected if their functions were countywide in scope, socially provided in part or in whole, ongoing rather than periodic and locally represented in the county by office or agent.

The survey of social provisions for the aging was undertaken for two major reasons. First, a three-year grant was made to the United Community Council of Champaign County by the Commission on Aging for a research and demonstration project in planned community change for older persons. The model called for a comprehensive study of provisions for the aging prior to intervention as an input in the selection of project priorities, and intervention strategies. Secondly, the need existed to extablish baseline data against which change in the experimental county could be measured at the end of the intervention period. (The study will be repeated October 1 to 31, 1970 for "after" results.)

In order to make before and after comparisons in the experimental county (Champaign) more meaningful, two other counties (McLean and Sagamon) were also selected for study as "contrast" groups. Considerable care was taken in selecting and matching these two contrast counties. A basic data-gathering instrument was a short schedule designed for use by persons working in the program studied. A total of 67,895 older persons (unduplicated count) received socially provided income, service or care in the three study counties.

MAJOR RESULTS OBTAINED: The conditions existing in the three counties, instead of being typical of other Illinois counties, were found to repre-

sent perhaps the most knotty and unyielding in relation to social welfare enterprises and planning. Foremost problems were the absence of a united community leadership, the low visibility of problem populations, weakness and fragmentation of social welfare agencies and their lack of influence in the community decision-making process, lack of community cohesion due to transient populations and the presence of large numbers of major state institutions as the primary employers which produces a dulling of community local initiative.

This study is reported in one summary report of progress and plans but contains a total of nine appendices, which deal with the following topics:

1. evaluative research design and preliminary findings;
2. a sample of social provisions of a single agency, the University of Illinois Cooperative Extension Service in Home Economics;
3. a study of the indigenous community changes processes (This detailed study of the target county and the two contrast counties gave data which provided valuable background information for the collection of social provision data and provided a basis for the development of intervention plans and strategies);
4. an extensive survey of the literature was made to determine the characteristics of aging relevant for planning and to arrive at a relevant planning model for older people which led to the development of a bilateral model for the action plan. Bilateral planning is centered in a community social planner serving on the staff of a community council, and is charged with responsibilites for planning and development work in a designated functional area and exercising appropriate professional autonomy; and
5. a rather complicated intervention plan for providing services to older people was devised which offered help in every conceivable area necessary to the health, welfare, financial, educational and social life of the aged.

A system of continuous evaluative feedback to the various agencies was devised containing a checklist of Change Resource Inventory which gives a record of contacts and modes of operating for various systems within the community structure. Finally, the work plan was communicated to the community through a countywide effort known as "Action on Aging," an information media.

USAGE POTENTIAL: This is a combination practical and theoretical study of all factors relative to planning a program of social and personal services for older people. From the applied point of view, it has meaning for those in the area of geriatrics, social welfare, recreation, continuous education and rehabilitation to give background data and characteristics of the older population necessary to the provision of service.

From the theoretical point of view, it contains methodology, concepts and approaches of value to gerontology, sociology and psychology necessary to a study of social change, community organization and social planning. It should be of value to all rehabilitation personnel in giving new clues to the problems inherent in the vocational rehabilitation of older workers. It is a most comprehensive study of social provisions, services, money and care for older persons and offers clues to planning programs for the senior citizen.

B.O.B. Thomason (AA-0037)

NUTRITION

FINAL REPORT TITLE: Nutrition and Aging: A Monograph for Practitioners
PROJECT NUMBER: AA-0070
DATE OF REPORT: 1969
PROJECT DESCRIPTION: To produce a series of monographs related to the cultural, social, psychological; and medical implications for food and nutrition of the aged and aging.
PROJECT DIRECTOR: Dr. Martin Loeb
GRANTEE: Gerontological Society
% Dr. Martin Loeb
School of Social Work
The University of Wisconsin
1225 Observatory Drive
Madison, Wisonsin 53706 (II)

DESCRIPTORS: Aged; Chronic Disease; Community; Culture; Diet; Education; Geriatrics; Nutrition.

ABSTRACT

STATEMENT OF THE PROBLEM: A monograph on Nutrition and Aging was prepared by Sandra C. Howell, M.P.H., with Martin B. Loeb, Ph.D., principal investigator. It integrated current research knowledge from a wide diversity of fields with interest in aging. Its main objective was to provide information and suggest areas of needed study.

METHODOLOGY USED: The monograph includes eight chapters on income, age and food consumption; nutritional needs of the older adult; culture, myths and food preferences among aged; family structure, socialization and diet; adult stress and diet; diet and the nervous system (effects on behavior and emotions in the older adult); chronic disease (aging and illness); and age and the learning of new behaviors.

A second section contains three chapters on food service programs for the older adult, planning and evaluation in nutrition programs for the aging and community organizations.

Appendix A is a listing of needed research questions which the project consultants believe might generate information on the linkages between nutrition, health, aging and behavior. One of these, for example, is "How does the stability and permanence of an eating group enhance other patterns of interaction?"

Appendix B provides selected tables and survey forms which suggest demonstration research models and ways in which data on the aged can be collected and presented. A compilation of selected references appears at the end of the monograph.

MAJOR RESULTS OBTAINED: The monograph was published in The Gerontologist. It is a quarterly journal owned and published by the Gerontological Society.

The material included in the monograph may be summarized as follows. As family composition changes over a life span, food consumption patterns also change. As availability and character of foods change, patterns also change. City residents have different food use patterns from rural residents.

A shift from adequate to inadequate income in a sizeable portion of the elderly will probably have its greatest impact in reduced monetary outlay for food. However, dietary habits of this group will be different from those of persons whose income was always low. Thus, nutrition education for these two groups would have to be quite different.

Food habits are so pervasively culture-bound that radically changing dietary habits of low income groups or ethnic subgroups cannot possibly be accomplished and may even be contraindicated, although modification or augmentation of foods may be possible if methods used are congenial to cultures involved and participation by members of the persons' own group is emphasized.

The older Public Health education methods are not effective in changing dietary behavior of the elderly. What exact methods should be used are not known.

Chronic degenerative diseases are high among the aged, and body utilization of food can change. Thus, a diet quite adequate by nutritional standards may not be appropriately utilized by older individuals. Modification of diet to compensate for breakdown in one system may be deleterious to another. All this points to the necessity of close collaboration between nutrition programmers and the physicians of the elderly persons.

USAGE POTENTIAL: This published material would be of interest to physicians, nurses, social workers, rehabilitation personnel and others dealing with or concerned about the elderly and their nutrition. It would also be helpful to any of these contemplating the setting up of nutrition education programs or community meal programs for the elderly.

This study further suggests the potential value of applying cultural anthropological concepts when contemplating changes in living patterns.

Dale Kohn (AA-0070)

FINAL REPORT TITLE: Demonstration Program for a Citywide Nutrition Program for Chicago's Elderly

PROJECT NUMBER: AA-0358
DATE OF REPORT: March 1970

PROJECT DESCRIPTION: To investigate the feasibility of a citywide nutrition program for the elderly of Chicago by providing one meal per day or several times per week as a vehicle toward improving nutrition of the elderly as well as providing them an opportunity for social contact.

PROJECT DIRECTOR: Daniel D. Howard Assoc., Inc.

GRANTEE: Daniel D. Howard Associates, Inc.
307 North Michigan Avenue
Chicago, Illinois 60601 (VII)

DESCRIPTORS: Aged; Elderly; Food Program; Interagency Cooperation; Lunch Program; Nutrition; Public Schools; Regional; Senior Centers; Senior Citizens; Urban.

ABSTRACT

STATEMENT OF THE PROBLEM: The research was a demonstration project to investigate the feasibility of a citywide nutrition program for the elderly of Chicago. The program would entail provision of one meal per day or several times per week as a vehicle toward improving nutrition and health of the elderly, as well as providing them an opportunity for social contact.

METHODOLOGY: Problems investigated centered on questions of location, scale of operation and source of food, as well as questions arising from the target population itself.

In most of the noncitywide feeding programs in operation, central catering was the method of food provision used. In addition, the research investigated the method of multiple catering and the possibility of organizing a catering operation run by the City of Chicago. Also investigated was the feasibility of a system using regional kitchens to reconstitute frozen convenience foods. This involved problems of sources of such foods and method and location for serving such foods. On-site food preparation was also investigated, as well as restaurant feeding and public school feeding.

MAJOR RESULTS: Of the multiple catering, central catering and organization of a new catering operation, the central catering system then in use by several programs was considered the most feasible for a citywide program in view of administrative considerations and overall efficiency. It was concluded that the method of regional kitchens to reconstitute frozen convenience foods could offer some of the benefits offered by catering operations and, in addition, take advantage of the newly emerging technology in the food industry to generate lower costs, greater value and increased flexibility. These benefits would offset the increased administrative complexity necessitated by the approach. Since the method required that a large number of meals be served at each of the regional sites, five general locations were identified throughout the city. However, as the elderly would probably prefer to meet in small groups at more locations, the possibility of working out a cooperative regional program with the public schools evolved as a more acceptable possibility. Food would be prepared at school regional centers and then delivered in styrofoam containers (to retain warmth) to Senior Centers.

An example of a successful onsite food preparation program was studied. This was a program utilizing a kitchen and staff of the Salvation Army. Other possibilities for this type of program were preparation of the food by seniors themselves, and use of the frozen prepared foods on a center-to-center basis rather than on a regional basis.

Investigation of the restaurant method showed that with termination of the grant monies the method was too expensive. On the other hand, a feeding program through the public schools would prove viable even after termination of the grant. The advantages of the method are economies arising from the large purchasing and production level of the Board of Education. The many locations of schools proved an added convenience. The provision of the extra meals per day would add little to the administrative burden or workload of school personnel. The one drawback was that elderly would be eating outside the Senior Centers. There were both good and bad points to the possible exposure of the elderly to the young. Attitudinal surveys on eating at the schools proved to be somewhat negative.

The conclusion of the research was that the new feeding technology method, wherein public school lunches would be served to seniors in their own centers, would be most successful.

USAGE POTENTIAL: The research should be of assistance to social service workers interested in developing nutrition programs for the elderly, particularly those contemplating programs for large urban areas. The utilization of the public school lunch system to provide the lunches while still maintaining the independence and the identity of the Senior Centers is especially noteworthy.

Dale Kohn (AA-0358)

FINAL REPORT TITLE: A Food and Friendship Program - A Demonstration
PROJECT NUMBER: AA-0016
DATE OF REPORT: 1969
PROJECT DESCRIPTION: To demonstrate the need for a food program for senior citizens.
PROJECT DIRECTOR: Hester A. Finley
GRANTEE: Senior Citizens Activities, Inc.
Temple, Texas 76501 (XI)

DESCRIPTORS: Aged; Community; Food Program; Interagency; Meals; Mobile Meals; Nutrition; Senior Citizens; Social.

ABSTRACT

STATEMENT OF THE PROBLEM: The purpose of the project was to demonstrate the need for a food program for senior citizens in a community of 35,000 with a relatively high percentage of senior citizens. More specifically, objectives were to learn what problems might be encountered in establishing such a program, to provide cooperative efforts among various agencies participating in the program, to establish guidelines that would be of value to other communities interested in establishing similar programs and to provide for increased utilization of two existing senior centers and their sponsored activities.

METHODOLOGY USED: Two senior centers were used for the project, Friendship House, serving 2,000 senior citizens and Harvest House, serving approximately 6,000. The State Department of Public Welfare made surplus commodity goods available to the program. Key persons from local and county welfare organizations acted on a committee to set policy on eligibility of persons to be served, cost per meal and referrals.

Menus were made in detail for three weeks at a time with no repetition of meals. All meals were high in protein, vitamins and minerals. Original plans were to serve 100 meals a day at the two centers. After menus and recipes were in order, lists were prepared of equipment and supplies needed. Details on equipment buying and locating were worked out. Orders for staples were placed in advance and orders for perishables for delivery as needed. Charge for the meals was to be $.70 or free, depending on need or $2.25 per week for those in public housing. This was later increased to $1.00 per meal (or free) during the third year as a test to see if the program could continue on its own after the grant terminated. Whereas reservations were required at first, by the third year there was no limit on attendance.

Job descriptions were written and advertisements were placed in the newspaper for staff. Staff application forms were developed and staffs were screened and employed. Meal tickets were printed and a newsletter announcing opening of the centers was distributed. The city newspaper also announced the openings.

Blue-plate service was used at each center. Two waitresses with the use of portable electric food warmers and carts could serve 80 persons in less than 30 minutes. Beverages were special ordered as hot food was served. Mobile meals were carried to the homes of those unable to come to the centers. These meals were purchased from a restaurant and were delivered in five-compartment styrofoam plates with lids. They cost each senior $.50. Seniors eligible were over 60, or old age assistance or aid to the blind, disabled or referred by certain agencies.

MAJOR RESULTS OBTAINED: The average number of meals at the two centers was 122 per day during the third year, 112 per day during the second year and 88 per day the first. Transportation was provided when needed. The mobile meals program was initiated during the second year and averaged 11 meals per day the first year and 21.6 the second and third years. Special diets were offered the third year. Thirteen persons made use of the diabetic diet served Mondays and Tuesdays and reported a better understanding of how to make substitutions and exchanges in their diets because of attendance at these meals. Eight lectures on nutrition were given at the centers by the project director for the benefit of members.

The test period during the third year produced results indicating that the program could not support itself on the $1.00 per meal basis, as many who could pay that price occasionally could not afford it five times per week.

Participation in activities at the centers showed a marked increase when rolls for May 1969 were compared with those of three years previous. There was an increase of 70% in knitting classes, 600% in sequin classes, 30 to 40% in sewing, 60% in game-room attendance, 100% in bridge, 400 to 500% in ceramics and crafts, 20 to 30% in movie attendance, 300 to 400% in watercolor class, 25% in quilting and 20 to 40% in the covered-dish luncheon attendance. During the grant period, membership grew from 585 to 1,286 at Harvest House and 89 to 165 at Friendship House. Plans for the future were to continue serving the meals three times a week.

Indications of the social results (friendships formed, the lonely having companionship, etc.) obtained were noted in the project report and reiterated through sample letters from participants. These were included in the appendix. Also included in the report were job descriptions, the staff application form, a copy of the food ticket and several tables and graphs indicating level of participation.

USAGE POTENTIAL: The project did provide a means of interagency cooperation as indicated in the objectives. The guidelines which the project staff strove to develop for use by other communities are included in the project report. They are simple, complete and helpful directives. The success of the project and the wide acceptance of it should indicate the feasiblilty of similar programs in other communities. The social aspects of it, including the stimulus it was to center use and participation in center activities should be especially noted. This project should be of interest to rehabilitation counselors, social workers and public health officials. As a means of teaching proper nutrition to the less privileged, it has much merit.

Dale Kohn (AA-0016)

RETIREMENT, EMPLOYMENT AND LEISURE

FINAL REPORT TITLE: Drake University Pre-retirement Planning Center (Annual Report)
PROJECT NUMBER: AA-0043
DATE OF REPORT: August 1969

PROJECT DESCRIPTION: To demonstrate and evaluate different methods of preretirement counseling. Approximately 500 older workers each year will participate in this program, jointly funded by the Administration on Aging and Department of Labor. The methods include use of information services, group discussion, individual counseling, and involvement in planning and education.

PROJECT DIRECTOR: Mr. Don Bowman
GRANTEE: Drake University
25th and University
Des Moines, Iowa 50311 (V)

DESCRIPTORS: Aged; Education; Incidence; Planning; Preretirement Planning; Retirement; Rural.

ABSTRACT

STATEMENT OF THE PROBLEM: To deal with the many complex problems related to retirement, the U. S. Department of HEW through the Administration on Aging and the U. S. Department of Labor through The Manpower Administration, jointly funded the Drake University Preretirement Planning Center. The center's primary job and the purpose of this research project was to demonstrate and evaluate different methods of involving workers in retirement preparation activities. Specifically, the center's aim was to better equip individuals to make intelligent and knowledgeable retirement decisions, to better prepare individuals emotionally and intellectually for inevitable role changes contingent upon retirement and to suggest opportunities to individuals for a satisfactory and creative retirement. The project took place in 1968.

METHODOLOGY USED: The study subjects were 575 persons from the Mason City, Iowa area. Basic background data on the subjects revealed the following mean statistics: age (58.8 years), education (12 years), present income ($4,000 to 5,999.), estimated retirement age (64.1) estimated monthly income at retirement ($500. to 599.) and marital status (71.9% married, 8.2% single, 12.9% widowed and 6% separated or divorced.)

Several instruments were used in the research. Most basic was the Dugger Preretirement Perceived Self-Attitude Scale. This was administered to seven groups of subjects, a total of 151 or 27% of the total sample. This attitude scale was intended to give an index of an individual's personal adjustment and his attitude toward retirement. In addition to the Dugger Scale, selected groups of subjects were requested to record on a center devised "involvement index" all retirement preparation activities, if any. Other instruments consisted of a questionnaire to provide background data (the Confidential Descriptive Data Form) and a personality test (the 16 Personality Factor Test). Data collection took place when individuals applied to the center (pretest) and after completion of the seven week educational program (posttest).

Basically, the service program consisted of enrollment in a seven week adult education course on the topic "Preretirement Planning." Meetings lasted two hours, once a week for seven weeks. Meetings for business and government employees were held during working hours on

a shared time basis. Meetings for the community at large were presented during the early evening hours. Housewives' groups were scheduled in the afternoons. Project staff and guest speakers led meetings where the following content areas were covered: Session I - Introduction and Orientation; Session II - Psychological Aspects of Retirement; Session III, IV, V, VI - Employment after retirement, Iowa Public Employee's Retirement System, Social Security and Medicare, Investments, Money Matters, Estate Planning, Continuing Education, Leisure Time Activities, Food Quackery, Dietary Requirements, Physical Fitness and the American Way of Death; Session VII - an Overview. Supplementary services of the Center consisted of counseling and audiotapes of the seven programs that made up the Preretirement course.

MAJOR RESULTS OBTAINED: T-test analysis of mean pretest and posttest scores on the Drugger Scale indicated that significantly more positive attitudes toward retirement and significantly more active preparation for employment after participation in the educational program. The latter finding was confirmed in an analysis of responses to the "Involvement Index." After enrollment in the Center's course, subjects were significantly more involved in preretirement planning in four major areas emphasized by the center: legal and financial planning, health and welfare planning, continuing education and role defining activities.

Data was further analyzed on a post hoc basis to determine if the center's program appeared to affect particular age groups more than others. Subjects were grouped into eight age levels beginning at 50 to 51 up to 64 to 65. Subjects aged 56 to 57 showed the greatest increase in preretirement planning after enrollment in the center's course.

In addition to the above, data were also collected to assess general satisfaction with the center. An evaluation form consisting of 14 questions to be answered on a Likert type scale was designed and administered. Mean ratings suggest that subjects were generally very pleased with their program participation.

USAGE POTENTIAL: This study suggests that it is possible to successfully intervene to improve the quality of retirement planning practiced by elderly persons. Results further suggest this intervention need not be extensive (in the present study it was only 14 hours). Data from this study and population statistics on the growing numbers of elderly persons further suggests that preretirement planning is badly needed. Hopefully in the future preretirement planning will be a regular service of social and rehabilitation agencies.

In spite of extensive recruitment procedures there were almost no lower class persons in this research. The authors suggest that the almost total middleclass bias in the sample may suggest retirement is essentially a middleclass phenomenon and has little, if any, relevance for low income persons.

Although this study was generally carefully done, findings are somewhat limited in generalizability at this time due to the fact that all subjects lived in a rural area small city, were volunteers and not all completed the research measures. Also, posttest data was collected only two weeks after completion of the course which is probably too soon to evaluate long term treatment effects.

R. W. English (AA-0043)

FINAL REPORT TITLE: Retirement and Migration in the North Central States
PROJECT NUMBER: AA-0013A
DATE OF REPORT: June 1968
PROJECT DESCRIPTION: To investigate the basic characteristics of retired males living in certain Wisconsin cities.
PROJECT DIRECTOR: William Monohan and Douglas G. Marshall
GRANTEE: Department of Rural Sociology
College of Agricultural and Life Sciences
University of Wisconsin
Madison, Wisconsin 53706 (II)

DESCRIPTORS: Adjustment; Migration; Planning; Retirement; Senior Citizens.

ABSTRACT

STATEMENT OF THE PROBLEM: The purpose of this report from the Department of Rural Sociology of the University of Wisconsin in Madison, Wisconsin, was to present findings concerning basic characteristics of retired males living in Dodgeville, Oconomowoc and Madison, Wisconsin.

Information was sought regarding six aspects of retired persons: background characteristics, financial characteristics, present employment status, retirement decisions and planning, health and organizational participation and leisure activity.

METHODOLOGY USED: Field surveys were conducted in 1967. The total sample size was 284 male, white, retired persons living in three communities which, the authors believed, formed a continuum of rural to urban residence.

The sample in Dodgeville represented 29% of the males 65 years old and over, while the sample in Oconomowoc represented 20%. The Madison sample was considerably smaller, representing 3% of the white male population 65 and over. The investigators believed that since retired persons in Dodgeville represented almost a fifth of the male population of the community, their attitudes toward retirement were likely to be influenced by the fact that they have more primary relationships in a small community and that they are more likely to have contact with other retired males than the retired males in the other communities studied. Further methodological or procedural data were not provided in the report.

MAJOR RESULTS OBTAINED: The following results were obtained from analysis of survey data:

1. Retired persons residing in Dodgeville (a rural community) experienced a greater increase of financial problems after retirement than persons residing in Oconomowoc or Madison.
2. Different definitions of a comfortable level of living exist among retired persons. Financial problems of maintaining an accustomed level should be distinguished from other financial problems.
3. Dodgeville retired persons made less use of formal medical services than retired persons in the more urban communities of Oconomowoc and Madison.
4. The retired persons living in all three communities had very few stays in the hospital since retirement. The exact reasons for this were not determined.
5. More than half of the persons in all three communities made no financial or activity plans for retirement.
6. Although four out of five retired persons stated that they were satisfied with retirement, over half did not feel as useful as before re-

tirement and had difficulty filling their time.

Reasons for retirement included poor health (given by 31% of the respondents), tired of working (23% of total sample), desire for leisure time (42%), felt it was time to quit work (46%), pension adequate for early retirement (8%), company rules required retirement at a certain age (99%) and other reasons for retirement (23%).

Concerning preretirement attitude, a third of all respondents looked forward to retirement, about 35% had not given retirement much thought and 25% did not like the idea. However, 79% of all the respondents reported that they were satisfied with retirement. Conversely, over 50% of the subjects definitely experienced difficulty filling their time with constructive and pleasureful activities. These and other findings suggested that the sample of retired persons had ambivalent feelings about the loss of their work roles.

USAGE POTENTIAL: The results of this study and other studies concerned with retirement adjustment suggests that preretirement counseling should and will become an activity of counselors which will take a substantial portion of their time. Rehabilitation couselors currently being hired by industry for work with the hard-core unemployed may also be utilized for providing individual and group counseling to preretirement employees.

P. R. Salomone (AA-0013A)

FINAL REPORT TITLE: Retirement and Migration in the North Central States
PROJECT NUMBER: AA-0013B
DATE OF REPORT: August 1968
PROJECT DESCRIPTION: To investigate the personal and social adjustment of retired men.
PROJECT DIRECTOR: Richard C. Hill and Douglas G. Marshall
GRANTEE: Department of Rural Sociology
College of Agricultural and Life Sciences
Univeristy of Wisconsin
Madison, Wisconsin 53706 (II)

DESCRIPTORS: Adjustment; Planning; Preretirement; Retirement; Satisfaction; Senior Citizens.

ABSTRACT

STATEMENT OF THE PROBLEM: The purpose of this investigation was to study the personal and social adjustment of retired men. The primary focus of the study was to understand changes in the life situations of individuals concomitant with retirement and the impact of such changes on the personal adjustment of retirees.

METHODOLOGY USED: The data upon which the study was based were gathered in three southern Wisconsin communities in 1967. Respondents were drawn from rural, suburban and urban settings. The population of interest consisted of all males 65 years of age or older who satisfied one or both of the following conditions:

1. the individual did not work more than half of a calendar year; or
2. the individual declared himself to be retired.

Separate and independent samples were drawn from each of the three Wisconsin cities. The same basic sampling procedure was used for each community. A random sample of blocks were selected from the city and those blocks were then screened for eligible respondents. Additional randomly selected blocks were added as necessary to achieve the desired sample size. A total of 74 interviews were completed in Dodgeville (rural), 77 in Oconomowoc (suburban) and 133 in Madison.

Since the findings of previous research showed no relationship between community of residence and personal adjustment in retirement, the data for all three communities were combined.

MAJOR RESULTS OBTAINED: With regard to background characteristics of the sample of retired men, it was found that:

1. Length of retirement is related to retirement satisfaction in a curvilinear fashion with the recently retired and the longest retired displaying the lowest levels of retirement satisfaction. However, the greater the length of retirement, the lower the life satisfaction.
2. The greater the age, the lower the satisfaction with retirement and life.
3. The higher the occupational prestige, the greater the retirement and life satisfaction (with the exception of farmers, who displayed the lowest levels of retirement satisfaction).
4. The greater the educational level, the greater the retirement and life satisfaction.

A negative relationship between income decline and personal adjustment was hypothesized. The findings showed that:

1. The greater the level of retirement income, the greater the satisfaction with retirement and life.
2. The presence of financial difficulty in retirement is associated with low levels of retirement and life satisfaction.
3. The greater the perceived decline in income, the lower the retirement and life satisfaction.

The researchers predicted a positive relationship between preretirement planning activities and personal adjustment. They found:

1. The greater the amount of planning for retirement, the greater the satisfaction with retirement and life.
2. The greater the amount of preretirement discussions about retirement, the greater the satisfaction with retirement and life.
3. The greater the amount of preretirement reading about retirement, the greater the satisfaction with retirement and life.
4. A positive preretirement attitude toward retirement is associated with high retirement and life satisfaction.

The researchers hypothesized a positive relationship between processes of current socialization to the retirement role and personal adjustment. They found:

1. The greater the current reading about retirement, the greater the satisfaction with retirement and life, a weak relationship.
2. The greater the frequency of interaction with retirees, the greater the satisfaction with retirement and life, a weak relationship.
3. Membership in retirement organizations is associated with higher levels of retirement and life satisfaction than is nonmembership, a weak relationship.

USAGE POTENTIAL: The results of this study underscore the importance and impact of preretirement planning and discussion upon the older person's satisfaction with retirement and life in general. Professional counselors may need to provide group counseling to older workers as they approach retirement and to elderly men who have been retired for several years. Apparently, satisfaction with life and with retirement decreases as men grow older.

Social programs concerned with ameliorating the plights of various groups might find in this study some hints at underlying bases for satisfaction with one's state which could be used with groups other than retirees.

P. R. Salomone (AA-0013B)

FINAL REPORT TITLE: Retirement and Migration in the North Central States
PROJECT NUMBER: AA-0013C
DATE OF REPORT: July 1969

PROJECT DESCRIPTION: To study the migration patterns of retired persons from Northern states who move to retirement communities in the South and West.

PROJECT DIRECTOR: James S. Honnen, William I.A. Eteng and Douglas G. Marshall

GRANTEE: Department of Rural Sociology
College of Agricultural and Life Sciences
University of Wisconsin
Madison, Wisconsin 53706 (II)

DESCRIPTORS: Adjustment; Aged; Migration; Planning; Retirement; Satisfaction; Senior Citizens.

ABSTRACT

STATEMENT OF THE PROBLEM: The purpose of this investigation was to study the migration patterns of retired persons from Northern states who move to retirement communities in the South and West.

Two general objectives of the study were to:

1. ascertain the differences in the life patterns of retired persons in the sample before and after retirement; and
2. compare differences in various background characteristics (i.e., age, marital status, number of children, level of education and age at retirement) of retired persons from three communities in Wisconsin and two communities in Florida.

METHODOLOGY USED: The first sample consisted of randomly selected males who were 65 years of age as of January, 1967, who did not work more than six months, who declared themselves to be retired and who lived in one of three selected Wisconsin communities. These three communities reflected rural, suburban and urban settings. One hundred eighty-four men in this sample were interviewed.

The second sample consisted of selected men living in a retirement community who indicated they had retired from work, who said they had migrated from the North Central States and who resided in Florida for at least eight months. This sample was randomly selected from a city directory which had separately listed all men who were retired but unemployed. A total of 150 such respondents were interviewed.

A third sample was secured from the Chamber of Commerce tourist roster of a Florida retirement community. A random sample of seasonal migrants ("Snowbirds") from the six North Central States (Illinois, Indiana, Iowa, Michigan, Minnesota, Wisconsin) were secured. The 103 retired persons in this sample were interviewed in their homes.

Besides obtaining information concerning the background characteristics already mentioned, the interviewers gathered data regarding preretirement occupational status, migration pattern, pre and postretirement income level, ability to live on present income, general health conditions and level of life satisfaction.

MAJOR RESULTS OBTAINED: Concerning migration patterns in general, respondents from samples (the Florida "Regulars" and the "Snowbirds") had migrated from communities whose populations ranged between 2,500 and 100,000. Significantly, a great proportion of the respondents had

migrated from Illinois, Indiana, Iowa and Ohio.

A comparison of the samples was based on the occupation of respondents prior to retirement. There were generally more retired workers with relatively high occupational status before retirement in the "Snowbird" sample than were found in the Florida "Regulars" and Wisconsin. Conversely, there were more blue collar workers in the Wisconsin sample than were found among the "Snowbirds." The retired white collar workers were relatively evenly distributed across the samples.

More respondents in Wisconsin indicated a deterioration in their health condition than did Florida "Regular" and "Snowbird" interviewees. At least one-half of all sample respondents reported no significant change in their general health condition. No less than a third of the Florida "Regular" and "Snowbird" respondents believed that their health condition was at least better than it was before retirement. Generally, respondents rated their health situation as relatively fair, although the data suggested that the "Snowbird" sample respondents enjoyed, on the average, a more satisfactory health condition than did the respondents in Wisconsin and the Florida "Regulars."

The respondents' attitude toward retirement was determined on the basis of whether they looked forward to retirement, did not particularly like the idea of retiring, did not previously give much thought to retirement or did not care at all about retiring. The data indicated that looking forward to retirement was apparently the strongest sentiment expressed among respondents, although this feeling was stronger among the Florida "Regulars" than their counterparts in other samples.

The degree to which retirees were satisfied with life since retiring was validated by three measures. Two of these measures were Neugarten-Havighurst's and Wood-Wylie's morale and satisfaction scales and the third was Srole's Anomie Scale. A comparison of these measures indicated that at least one-half of the respondents from the various samples were quite satisfied with life since retirement. The respondents' general indication of being able to live relatively comfortably on their incomes at the time of the interview seemed to corroborate this finding.

USAGE POTENTIAL: The results indicate that retirement adjustment is related, in part, to the retiree's attitude toward retirement and the ability of the retiree to live comfortably with his income. Rehabilitation counselors who will increasingly be counseling preretirement clients will be able to use the findings of this study and others to aid the client with decision-making problems and with anxieties regarding retirement.

P. R. Salomone (AA-0013C)

FINAL REPORT TITLE: Preretirement Counseling, Retirement Adjustment, and the Older Employee

PROJECT NUMBER: AA-0052A
DATE OF REPORT: October 1969

PROJECT DESCRIPTION: To determine relationships between success and adjustment to retirement to preretirement counseling and various other individual employee characteristics.

PROJECT DIRECTOR: Mark R. Green
GRANTEE: Graduate School of Management and Business
College of Business Administration
University of Oregon
Eugene, Oregon 97403 (IV)

DESCRIPTORS: Adjustment; Avocation; Counseling; Employee; Older Adult; Planning; Resistance; Retirement.

ABSTRACT

STATEMENT OF THE PROBLEM: The general objective of the study was to determine what relationships exist between success in adjustment to retirement, preretirement counseling and the psychological, economic and sociological characteristics of the individual employee. A secondary objective was to examine resistance to retirement and its relationship to counseling.

METHODOLOGY USED: In order to accomplish the project objectives, three main hypotheses were established as follows:

1. Using approximate measures, the degree of employee's resistance to retirement and retiree's adjustment to retirement can be determined.
2. The interrelated variables contributing to resistance or adjustment can be identified, measured and evaluated.
3. The differences in the degree of resistance or adjustment to retirement can be explained in terms of the interrelated variables.

Eight companies were selected whose older employees and retirees would participate in the study. Four companies had provided retirement counseling for eight years or more using a counseling program model described by Wermel and Beideman (1961). Also, the companies selected were classified as medium (1,000 to 5,000 employees) or large (over 5,000 employees).

The initial research plan called for the inclusion of 920 persons in the study. Because of subject refusal to participate in the study and other data collection problems, complete data was ultimately collected for a total of 648 persons. Those who had been involved in a counseling program were 119 employees, 107 retirees and 95 early retirees. The number of subjects whose companies did not provide counseling were 113 employees, 107 retirees and 107 early retirees. An interviewing firm was engaged to provide trained professional interviewers to individually administer a questionnaire containing over 600 questions to subjects.

MAJOR RESULTS OBTAINED: When comparisons were made between responses of retirees who had and had not taken part in preretirement counseling, significant differences were found on many of the adjustment indicators, suggesting that retirees with counseling were experiencing more effective adjustment in retirement than those who had not. Specific areas where significant differences were found between the two groups included overall adjustment, rated adjustment (perceived by the interviewer), amount

of planning done for retirement, belief in stereotypes of retirement, adequacy of income, subjective rating of health and number of retirement activities.

Concerning the research effort to isolate the factors related to adjustment, major findings were:

1. Adjustment scores were significantly greater for retiree who had the greatest retirement income, who perceived this higher income to be "adequate" and who experienced the least decline in living standards after retirement. Finances do appear to be very closely related to retirement adjustment.
2. Health is significantly related to adjustment in retirement (i.e., the better the retirees' health and attitude toward the state of health, the better will be adjustment in retirement.
3. In reviewing all of the various measurements of retirement activities and their relationship to successful adjustment in retirement, clear evidence exists that well-adjusted retirees are those who are more active than less-adjusted retirees.

For the group of 232 older employees, resistance to retirement was variously related to certain factors, as follows:

1. The higher the monthly income and the less the expected change in the standard of living after retirement, the less the resistance to retirement that may be expected. Employees with a negative attitude toward their present financial status tend to resist retirement more than those with a more optimistic present attitude.
2. Resistance in retirement varied according to the degree to which retirees believed common "stereotypes" about retirement (these stereotypes were inaccurate and negative beliefs).
3. It was also found that the employees with poorer present health resisted retirement more than those with better health. Thus, those employees who are least able to work are resisting retirement the most. Again, the most plausible explanation is either that employees resent (and therefore, resist) being forced to have to quit because of poor health, or that since resistance is inversely related to planning, those who are now being forced to retire because of health are even more resistant because they know they are not prepared to retire.

USAGE POTENTIAL: That preretirement counseling may help older employees and retirees with their adjustment to retirement will be welcome news for rehabilitation counselors working with older disabled workers who may have to retire rather than seek reemployment. Preparation for nonwork has long been overlooked in vocational rehabilitation counseling. The relevance of retirement counseling, or counseling to help unemployable persons accept nonwork may become a larger part of the future rehabilitation counselor's role. This study has significance for those agencies and institutions concerned with enriching the lives of retirees. Since this group will become proportionately greater and will be a quite substantial number, government agencies at all levels can expect to be faced with increasing demands for preretirement and retirement counseling.

P. R. Salomone (AA-0052A)

FINAL REPORT TITLE: Early Retirement: A Survey of Company Policies and Retirees' Experience

PROJECT NUMBER: AA-0052B
DATE OF REPORT: October 1969

PROJECT DESCRIPTION: To investigate early retirement through a survey of company policies and retirees' experiences.

PROJECT DIRECTOR: Mark R. Greene
GRANTEE: Graduate School of Management and Business
College of Business Administration
University of Oregon
Eugene, Oregon 97403 (IV)

DESCRIPTORS: Adjustment; Early Retirement; Planning; Retirement; Satisfaction; Senior Citizens.

ABSTRACT

STATEMENT OF THE PROBLEM: The general objectives of the research were to:

1. provide a nationwide overview of companies' policies and pension plan provisions concerning early retirement;
2. determine the incidence of early retirement relative to normal age retirement;
3. investigate, among a nationwide sample of early retirees, the financial, health and social aspects of the group as related to their general welfare and well being; and
4. investigate, by testing hypotheses, whether or not there is a significant relationship between making plans for retirement and adjustment in retirement.

METHODOLOGY USED: A random sample of 600 companies was selected from industrial directories and letters were sent to company treasurers asking them to participate in the study concerned with early retirement. Of these, 241 (42%) treasurers returned the initial nine-item questionnaire and 201 of these questionnaires were useable.

The industries represented by the sampled companies included manufacturing, finance and related, wholesale and retail trade and public utilities. The company policy questionnaire secured data concerning retirement policies, pension plan coverage and data on employees, retirees and early retirees.

Each company was asked to select a random sample of 36 men who were early retirees. Control variables were age at retirement and whether the retiree was a salaried or hourly employee. Persons retiring because of disability were excluded from the study.

Seventy-three companies provided the names and addresses of 2,053 early retirees, of which 1,072 (52%) returned completed and useable questionnaires. The questionnaire contained items regarding retirement income and financial security, health status of early retirees, work status, leisure characteristics of early retirees, factors influencing the early retirement decision, plans and retirement preparation and attitudes toward the company and supervision.

MAJOR RESULTS OBTAINED: As a group, the retirement income of early retirees was higher than was expected. Only 12% of the respondents received income of less than $300 per month, 41% received between $300 and $599 per month and 41% received more than $600 per month. Overall, early retirees appeared to be financially secure. Seventy-eight per cent indicated that their income was "just enough" or "more than enough."

A large percentage (85%) of early retirees reported they received income in addition to the company pension, and it was assumed that the higher income of early retirees was due to supplementation of income by postretirement employment. This assumption was investigated and it was determined that 26% of the early retirees work full- or part-time as compared with 17% of the regular retirees in the comparable study.

In order to assess the attitudes of early retirees toward the company and supervision, the subjects were presented with statements regarding the company and supervision and were asked to agree or disagree with the statements. The results indicated that attitude and morale are factors in the early retirement decision. Seventeen per cent of the sample agreed that they were "fed up with their bosses," and 14% said they were unhappy with the company. Ten per cent agreed that their supervisor "let me know I was expected to retire early." However, the large majority indicated that these were not the main reasons for their early retirement decision.

The majority (57%) of early retirees said they made retirement plans and preparation before deciding to retire and nine per cent said they made plans subsequent to retirement. Fifteen per cent said they decided to retire and didn't make plans and 17% indicated that they didn't plan because their decision was unexpected and beyond their control.

Concerning retirement preparation programs, 40% of the retirees reported that their company had a program to help prepare older workers for retirement, but only 28% of the sample said they participated in the program. The great majority (84%) of early retirees believed that the company should help employees prepare for retirement.

USAGE POTENTIAL: Shorter work weeks, a shorter work day and a continuing trend in early retirement will increase the need for preretirement counseling, counseling for leisure time and avocational counseling. Rehabilitation counselors will find more older workers who do not wish to or cannot enter the competitive labor market. Counseling clients toward nonwork goals, therefore, will become a greater part of the rehabilitation counselors' role and function.

P. R. Salomone (AA-0052B)

FINAL REPORT TITLE: Women in Retirement: A Preliminary Report

PROJECT NUMBER: AA-0012
DATE OF REPORT: January 1969

PROJECT DESCRIPTION: A study of 4,500 recently retired women school teachers and telephone company employees whose objective is to determine the relationship between the type of job held and subsequent problems and patterns of retirement adjustment. Results are being used in the development of sounder retirement policies for working women.

PROJECT DIRECTOR: Dr. Fred W. Cottrell
GRANTEE: Miami University
Oxford, Chio 45056 (XXIV)

DESCRIPTORS: Adjustment; Aging; Characteristics; Planning; Preparation; Retirement; Self-image; Teachers; Work Orientation.

ABSTRACT

STATEMENT OF THE PROBLEM: Because of the increasing number of women in the United States labor force, a study was planned to describe and analyze a selected group of retired women, in order to be able to plan adequate provision for the postretirement health and welfare of the group they represent.

METHODOLOGY USED: An initial exploratory study of 221 retired women, former employees of a telephone company, was made to help in selecting questions about retirement for a later larger study. A second study, in the form of a mail questionnaire, contacted nearly 6,000 retired people to collect information about retired people and to test several preliminary beliefs.

MAJOR RESULTS OBTAINED: The project showed that retired people are unusually willing to be interviewed by mail. Returns of 97% from one questionnaire and high returns from all the project's other mail questionnaires resulted in an average return of over 70%, in contrast to the usual low percentage of returns from most mail questionnaires. Retired women were significantly more likely to return questionnaires than retired men. Retired women teachers were more likely to return questionnaires than retired telephone company employees.

The first study of 221 retired women showed that:

1. Further exploration of the project's preliminary beliefs concerning the influence of self-value on successful adjustment to retirement probably would be profitable.
2. Many commonly-held stereotypes concerning retired people may need to be revised.
3. Retired women can be studied successfully by means of mail questionnaires.

The second study of nearly 6,000 retired men and women showed that:

1. retired men generally are older than retired women;
2. retired men are more likely to be married than are retired women;
3. wide differences in education exist among retired groups;
4. most of the retired people surveyed have good health;
5. retired teachers, especially men, are more likely to be still working than are retired telephone company employees;
6. most of the retired persons surveyed, except for female teachers, have low work orientation;

7. although most of the persons surveyed say they have made successful adjustments to retirement, substantial numbers say they never will;
8. most retirees, except women teachers, had not wanted to retire;
9. most of the retirees surveyed continue to have about the same number of social contacts they had before retirement;
10. most of the retirees have the same number of, or more, club activities than they had had before retirement;
11. about 75% of the people surveyed report that they seldom or never feel lonely;
12. most of the people surveyed like retirement;
13. about 25% do not drive automobiles;
14. over 75% said they have enough income;
15. most of the people surveyed feel rootless;
16. most feel little anxiety;
17. nearly 80% have high self-esteem;
18. over 80% have firm attitudes toward themselves;
19. most are not sensitive to criticism, though more women are than men; and
20. retired men have significantly more depression than women.

These results were found after examination of several expectations in regard to retirees:

1. The preliminary belief that if a retired person is still working it means he has high work orientation, was not borne out by the results of the study.
2. The preliminary belief that, if a woman has been retired a long time she will have a lower work orientation, was not borne out by the results of the study.
3. No support was found for the preliminary belief that, if a retired woman has ever been married, she will be more likely to have a low work orientation.
4. No support was found for the preliminary belief that living with her husband means a retired woman will have a low work orientation.
5. No support was found for the preliminary belief that living alone means that a retired woman will have a high work orientation.
6. No support was found for the preliminary belief that, if a retired woman is in her 70's, she will have a low work orientation.
7. No support was found for the preliminary belief that, if a retired woman has poor health, she will have a low work orientation.
8. There appeared to be no support for the preliminary belief that a retired woman with adequate income would have a high work orientation.
9. There was mild support for the preliminary belief that a retired woman with some college education would have a high work orientation.
10. There was considerable support for the belief that a retired woman who had been a teacher would have a high work orientation.

USAGE POTENTIAL: The study will interest physicians and geriatrics personnel concerned with matters related to aging and successfull adjustment to retirement. It covers a wide range of self-attitudes among the retired and would be of interest to anyone concerned with the adjustment of the retired group. It should be thoroughly reviewed by anyone engaged in attitude research among the elderly since it suggests numerous studies which might be undertaken.

FINAL REPORT TITLE: An Evaluation of a Program of Paid, Part-time Employment for the Elderly Poor

PROJECT NUMBER: AA-0034
DATE OF REPORT: April 1970

PROJECT DESCRIPTION: Demonstration project of part-time paid employment of the elderly poor.

PROJECT DIRECTOR: Hugh F. Coyle, Jr.
GRANTEE: Center for Urban Studies
The University of Akron
Akron, Ohio 44304 (XIV)

DESCRIPTORS: Aged; Employment; Geriatrics; Income; Job Satisfaction; Poor; Socialization; Welfare.

ABSTRACT

STATEMENT OF THE PROBLEM: The retired elderly are caught in an economic squeeze of fixed income and rising prices. Their only succor has been infrequent increases in Social Security Old Age Benefits which must be fought through Congress and must compete against other national priorities. This dilemma exists within a political culture which has a particularly strong bias against welfare programs which smack of "the dole." Moreover the retired elderly themselves probably would resent a pure handout, even though it might alleviate their economic difficulties. The problem is to find meaningful work for retirees who need more money. Such employment must take into account their capabilities, limited as they are by physical infirmity and, in many cases, by lack of education or training. Coupled with the practical need to aid the elderly immediately, is the long range need for research which will show what kinds of programs are best suited for them. Beyond this, research is needed to show what kinds of elderly persons respond in what ways to work-welfare assistance.

METHODOLOGY: The Elderly Services and Industries Program of Martin's Ferry, Ohio, conducted a three-year pilot demonstration project, employing 21 persons, part-time, throughout most of the life of the program. The program was partly self-financing since products and services were sold and revenue returned to the program. Employees were divided into five work group: Landscaping, sewing and crafts, woodworking, custodial and secretarial-sales. Landscaping proved the most profitable, meeting 84% of its expenses through services sold. The woodworking group was discontinued at the start of the program's third year because it was able to meet only seven per cent of its expenses.

In order to monitor the effectiveness of the program, a survey was conducted. Included in the survey were those who were participating in the program, 15 civic leaders in the community and a random sample of 22 elderly retired persons not involved in the program. The questionnaires were included as appendices.

MAJOR RESULTS: The investigating team concluded that a part-time employment program for the elderly could provide both economic and social benefits. Such a program, however, should not be expected to become self-sufficient. Sale of goods and services produced by program participants accounted for, at most, one-third of program revenues, the

remainder being provided by federal and local subsidies. Significant support among political and business leaders was found for the program. Merchants tended to view the program favorably, not as competition, but as a means of increasing the purchasing power among the elderly.

Comparing program participants to nonparticipants, the investigation found participants tended to be representative of the elderly population with a few significant exceptions. Persons participating in the program were found to be in better health and to be more sociable, showing higher interest in civic affairs and more frequent membership in formal groups. The report emphasizes the need for such programs to reach those elderly who are less aggressive and who probably need the social benefits of such a program even more than do participants whose lives tend to be relatively full. While income was perceived to be the most important aspect of the program by participants, former participants and nonparticipants stressed the social and psychological benefits of gainful employment and working with others.

Work experience was found to be an essential ingredient for the success of the program. Only 13% of the participants would have been willing to accept an income supplement without working.

The material output of the program, the goods and services provided by the project's employees, was not in great demand in the Martin's Ferry area. Only the landscaping and beautification work group made a visible impact on the community. The federal and local governments were the program's best customers.

USAGE POTENTIAL: The report provides a useful blueprint for the implementation of a part-time employment program for the elderly. It also points out some of the pitfalls, mainly in the area of unrealistic expectations, to be avoided. The program should not be expected to sustain itself. Moreover, such programs tend to recruit those already socially active and in positions to learn about the project and predisposed to participate.

The report suggests an effective means of monitoring a program during its operation. Continuing scrutiny of revenues, for instance, led to the abandonment of the woodworking group. Other kinds of work groups are suggested.

L. Livingston (AA-0034)

FINAL REPORT TITLE: Developing Successful Employment Programs For Older People
PROJECT NUMBER: AA-0000
DATE OF REPORT: September 1967
PROJECT DESCRIPTION: To identify those factors that appear to contribute most to the employment of the older persons.
PROJECT DIRECTOR: Greenleigh Associates
GRANTEE: Greenleigh Associates, Inc.
355 Lexington Avenue
New York, New York 10017 (XVII)

DESCRIPTORS: Aged; Characteristics; Employment; Employer Prejudice; Job Training; Older Adult; Planning.

ABSTRACT

STATEMENT OF THE PROBLEM: The purpose of this present "position" paper was to conceptually identify those factors that appeared to contribute the most to the employment of older persons. Related to this was an attempt to identify the most important barriers impeding or inhibiting the employment of older persons and to suggest approaches to overcome or reduce these barriers.

METHODOLOGY USED: This was a conceptual (analytic) study which reflected the results and insights of six studies conducted between 1965 and 1967. These studies were surveys of the elderly poor in Milwaukee, New York City and Detroit. Also surveyed were the policy and practices of the U.S. Employment Service (USES). The present report concerns the data and conclusions of these earlier studies as it relates to the aged. Specifically, it deals with: the characteristics of the aged; the employment needs of the aged; factors impeding employment of aged persons; the service needs of the aged; and the number and kinds of nonprofessional jobs available for elderly persons in government agencies and private nonprofit agencies funded by the federal government.

MAJOR RESULTS OBTAINED: One area of research emphasis involved identifying potential fields of employment for the elderly. In general, opportunities for the elderly were viewed as very poor in business and industry. Employers in nonhuman service fields appeared more biased against the elderly. Economically they appear to consider the aged to be poor employment risks due to their limited work-life expectancy and their outmoded technical skills.

In the human service area, opportunities for the elderly are viewed as much brighter. Because of the increased government committment to human needs, there is a manpower shortage for individuals who are motivated and sensitive in relating to the disabled and disadvantaged. In a 1965 survey, it was estimated that 4.3 million nonprofessional jobs could be created in human services of which the elderly could qualify for 3.5 million. Approximately one million of these jobs would be in health fields and approximately two million would be in education fields.

Another study concerned discovering the main factors related to job success among elderly persons. Based on the results, the following six recommendations were made:

1. jobs should be essential and worthwhile;
2. jobs should offer opportunities for spontaneity and innovation;
3. jobs should be compatible with the relative level of vocational skills in the background of the aged;

4. work conditions and benefits for the aged should be comparable with those of nonelderly employees;
5. elderly persons should be hired on a part-time as well as full-time basis; and
6. jobs for men should be in tune with traditional role expectations for men (that is, men should not be emasculated by employing them as nursery aides or secretaries).

Full-time employment may be too physically demanding for some aged persons, and also represents a threat to some regarding receipt of social security benefits. In spite of evidence, both conceptual and empirical, that elderly persons can effectively interact in relationships with disabled and disadvantaged persons, employment programs for the elderly sometimes fail because of poor enrollment by the aged. First, many elderly persons live in relative isolation and may not even be exposed to the mass media of T.V., radio and the newspapers. Second, some elderly may not consider them competent or worthy of work. Third, elderly persons may fail to apply because of transportation and family problems.

USAGE POTENTIAL: Substantial increases in ratio of employment of elderly persons may occur in two ways. By legislating new specialized programs and by modifying existing programs and services to include the elderly. The major hope for greater employment of the aged depends on the latter. Since the aged represent only one subgroup of low income persons who are underemployed, attention should be paid to avoiding training and placing the aged in the same jobs as disabled persons and young persons. All government agencies should reduce all nonrelevant job requirements, sometimes age being such a requirement. Longitudinal research is needed to identify jobs or tasks that can be done only by elderly persons or better by them than by younger adults or equally well by the elderly and the nonelderly.

It is felt that stringent efforts should be extended to avoid the tendency to only take the best risks among the elderly applicants as this might result in sponsoring and training people who do not need assistance to the detriment of persons who were in need. When aged persons are employed, they should receive preservice job orientation, appropriate job training and employer supervision. This is very critical, as many elderly persons have been out of work for many years or their job skills need updating. Besides preparing the elderly for work, there is a need to prepare the employer's regular nonelderly personnel for accepting the aged as peers. Orientation for regular employees should be required, aimed at dispelling latent stereotypes about the old.

In summary, this was a conceptual study based on earlier surveys of the employment needs of the elderly. Local, state and federal agencies are encouraged to provide rehabilitation services to the aged and to engage in broad planning for the elderly and further, to develop training and evaluation models to use with the poor. Elderly persons can be productive nonprofessional workers in human service fields if provided the opportunity.

Norma English (AA-0000)

FINAL REPORT TITLE: Conceptual Approaches to Research Related to Recreation for Older Americans

PROJECT NUMBER: AA-0060A
DATE OF REPORT: 1968

PROJECT DESCRIPTION: To identify areas for research and demonstration designed to advance knowledge in the field of recreation for older persons.

PROJECT DIRECTOR: Dr. Donald Henkel
GRANTEE: National Recreation and Park Association
1700 Pennsylvania Avenue, N.W.
Washington, D.C. 20006

DESCRIPTORS: Aging; Concepts; Leisure; Multi-discipline; Needs; Problem Areas; Recreation; Research; Resource; Theories.

ABSTRACT

STATEMENT OF THE PROBLEM: The National Recreation and Park Association conducted a conference which culminated efforts of multi-discipline researchers and practitioners in catalyzing recreational research related to older Americans.

The purposes of the project were:

1. to conduct a comprehensive literature review for key problem areas;
2. to analyze problem areas to determine researchable hypotheses;
3. to identify proven research theory that should be practically applied; and
4. to stimulate interest in research and development projects in problem areas considered most relevant in terms of providing solutions.

This effort was primarily designed to investigate ideas for research and establish demonstration projects rather than a research project.

METHODOLOGY USED: Six teams of consultants, representing researchers and practitioners from several disciplines, were selected and orientated in advance to the purposes and goals of the project. Each of the six teams accepted responsibility for preparing one or more drafts of ideas for research and demonstration projects prior to the conference. During the conference, these proposals were discussed and analyzed by participants with a view toward determining their feasibility and potential results.

MAJOR RESULTS OBTAINED: Recreation for the aging is not the concern of one discipline only. There are economic, sociological, environmental, educational, demographic, psychological and physiological factors. Older persons of tomorrow will have had more experience with leisure time even before retirement.

The completion of the conference resulted in the identification of many of the major problems affecting the aged. A clear plan of attack on some of these problems was established by the participating six teams. The need for an inter-discipline approach was established. Redefinition of terms and updating of many recreation concepts for the aging was also accomplished. Included in this project is a demonstration project entitled "Relationships Between Residential Environmental Settings and Patterns of Recreational Behavior of the Elderly".

USAGE POTENTIAL: Considering the experience of the Recreation and Park conference, a number of valuable observations can be made:

1. The benefits to be derived from research activities increase many times with the dissemination of the project teams recommendations.
2. This project demonstrated that an inter-disciplinary approach is not only useful and well received in solving present problems.
3. Dissemination of these proceedings would help standardize terminology and provide comprehensive definitions to many of the ambiguous terms now being used.

The greatest value of this project lies in the use of project recommendations as a basis for further research. This material can well be incorporated into developing articles for professional reading in magazines such as "Parks and Recreation" and the "Journal of Recreation Therapy". This updating of Recreation Theory could act as a basis for evaluation of present programs and establishing new ones.

FINAL REPORT TITLE: An Interdisciplinary Approach: Research and Development Related to Recreation for Older Americans

PROJECT NUMBER: AA-0060B
DATE OF REPORT: 1969

PROJECT DESCRIPTION: To explore the need for stimulation of basic and applied research on recreation for aging Americans and for expanding the knowledge and interdisciplinary approach of those who will conduct such research.

PROJECT DIRECTOR: Dr. Donald D. Henkel
GRANTEE: Department of Research
National Recreation and Park Association
1700 Pennsylvania Ave., N. W.
Washington, D. C. 20006

DESCRIPTORS: Aged; Conference; Definitions; Interdisciplinary; Need; Problem Areas; Recreation; Research; Residential.

ABSTRACT

STATEMENT OF THE PROBLEM: The project was designed to explore the need for stimulation of basic and applied research on recreation for aging Americans and for expanding the knowledge and interdisciplinary approach of those who will conduct such research. Conducting a comprehensive literature review and analyzing problem areas to determine researchable hypotheses was an integral part of the plan. This effort was primarily designed as an investigation and to make suggestions for research rather than as a research project.

METHODOLOGY USED: The project used an interdisciplinary approach in all phases of the project. Included was a review of literature, identification of possible areas for study, analysis of areas for researchable hypotheses, identification of proven theory and formulation of proposals and research designs.

Six teams of consultants were recrutied and then orientated to project purposes. Each team consisted of a practitioner and researcher, representing a variety of disciplines. Each team prepared one or more draft proposals to be submitted to the conference. At the conference the teams presented their proposals for analysis and discussion. Proposals were revised to incorporate comments and suggestions by the conference at large.

MAJOR RESULTS OBTAINED: The project results stressed the need for an understanding of the relations of sound research to recreation for the aging and the importance of training in research techniques. This approach proved valuable in introducing to conference participants the problems of multidiscipline areas. The conference experience also stressed the need to agree on common definitions of terms and to seek further ways to disseminate basic knowledge and vocabulary to persons in all the disciplines represented. The conference provided an important stimulus of basic and applied research and demonstration projects that can benefit older Americans. The six major areas selected for research by the conference were:

1. prediction of future demand for leisure services to older persons;
2. relationship of recreation and leisure respect to aging persons;
3. recreation as a stimulus to social contact;
4. use of recreation services by the aging;
5. economics of recreation for older person; and
6. recreation in relation to residential patterns of the aging.

Lastly, the conference indicated the need for research to determine means for further involving the aged themselves in planning and developing their own programs and life style.

USAGE POTENTIAL: Considering the experience of the Recreation and Park Conference on aging, the greatest value of this project lies in the use of project recommendations as a basis for further research. This material can well be incorporated into developing articles for professional reading in such magazines as "Parks and Recreation", "Journal of Leisure Research", and "Therapeutic Recreation Journal". Recreation educators can utilize this project by stressing more graduate and undergraduate training in research.

This project can serve as a springboard for more comprehensive conferences and study.

G. M. Kajcienski (AA-0060B)

FINAL REPORT TITLE: A Comparative Analysis of the Institute Program of the Oliver Wendell Holmes Association, 1963-68

PROJECT NUMBER: AA-0103
DATE OF REPORT: March 1969

PROJECT DESCRIPTION: To evaluate the activity of the Oliver Wendall Holmes Association, a nongovernmental organization designed to be a catalyst for remotivational educational projects especially structured for retirees.

PROJECT DIRECTOR: Leo A. Haak
GRANTEE: Department of Social Science
The University College
Michigan State University
East Lansing, Michigan 48823 (VI)

DESCRIPTORS: Adult Education; Aging; Education; Evaluation; Institutes; Interviews; Managerial; Professional; Retired.

ABSTRACT

STATEMENT OF THE PROBLEM: The purpose of this study was to evaluate the activities of the Oliver Wendall Holmes Association, a nongovernment organization designed to be a catalyst for remotivational education projects expressly structured for retirees. Although foundation funds were utilized, the greatest development in the organization came from a grant from the Administration on Aging of the U. S. Department of Health, Education and Welfare. This enlarged the association activities from that of a clearing house function to a cooperative sponsoring function for Seminar-Institute program for retired professors, retired executives and other retirees.

METHODOLOGY USED: After conducting a limited survey of the literature on retirement, aging, adult education and gerontology, evaluative data on each of the Seminar-Institutes were collected by the following methods:

1. review of existing records on the various sponsored programs, such as, recorded conversations, telephone calls and summary reports on each institute;
2. questionnaires - replicated item questionnaires were made of five institutes;
3. interview and correspondence - this allowed for clarifying the questions and following up on leads by personal interviews; and
4. observation, usually called participant observation, was considered to be the most reliable method of gathering data.

MAJOR RESULTS OBTAINED: A group of individuals originally concerned with establishing a College for the Retired (New College, Florida, 1962) decided to form a national organization which would establish institutes expressly for the intellectual remotivation of those who have been retired. It was orginally concerned most with the utilization of the manpower resources of emeriti professors and the institutes made it possible for some to continue in their fields as educators.

In its new phase since 1968, the primary interest has been on a program to help American business in regard to two subjects of major national importance:

1. the need for corporations to help in the new and highly charged community and public affairs problems; and
2. the effective use of management level retirees of corporations in these efforts.

As this program developed, the most effective educators, psychologists, psychiatrists, sociologists, public officials and civic leaders were utilized regardless as to whether or not they were retired.

Institute programs were established in the following 15 communities:

1. The Institute, Rensselserville, New York;
2. The Arizona Institute, Phoenix;
3. The Arizona Institute, Tucson;
4. Colorado College;
5. Asia Pacific Seminar at Hawaii;
6. Washington, D.C.;
7. Union College, New York;
8. Hudson Valley Community College, New York;
9. Philadelphia
10. Boston,
11. University of Georgia (Athens, Atlanta, Cleveland);
12. Hollywood, Florida
13. University of Kentucky;
14. Clearwater, Florida; and
15. Michigan State University.

The Association identified four common needs of individuals regardless of their age or position in life. There were:

1. a feeling of worth and importance;
2. mental stimulation and growth;
3. human association and companionship; and
4. ways to use time.

People respond to these needs in three basic patterns:

1. most people try to continue their habitual patterns of activities;
2. some retreat or disengage themselves in which they selectively withdraw into an increasingly smaller circle of activities; and
3. a few people who are more affluent, better educated and in good physical health embrace a new role in society.

Each institute mentioned above was studied and evaluated on the basis of the degree to which retirees delay or prevent retreat, continue in habitual patterns and even take on new activities which increase life satisfactions. Each Seminar-Institute was unique in certain ways and each was described according to the particular way it attempted to meet needs in the various communities. The Association, through its programs, provided for continued interaction between the worlds of intellect, culture and public affairs and demonstrated the extensive range of socially responsive intellectual vitality as long as people live and are, or can be, stimulated by association with other informed active minds.

USAGE POTENTIAL: This evaluative study of the Oliver Wendall Holmes Association is of importance and useful in the following two ways:

1. to those who engage in continued or adult education programs in planning and administering institutes or seminars especially when such educational programs are of interest or value to and for the older retired person; and
2. to those in the fields of gerontology, sociology, psychology, psychiatry and other social and behavioral sciences who are interested in obtaining a better understanding of the needs and wishes of an affluent, educated and healthy segment of our elderly citizenry.

B.O.B. Thomason (AA-0105)

SOCIAL PARTICIPATION

FINAL REPORT TITLE: Social Clubs for the Aging Poor: An Evaluation Study
PROJECT NUMBER: AA-0026
DATE OF REPORT: June 1969
PROJECT DESCRIPTION: To evaluate the effectiveness of a program established to serve the aged poor through social clubs.
PROJECT DIRECTOR: William L. Kimball
GRANTEE: Allied Citizens Clubs, Inc.
427 West 5th Street, Room 402
Los Angeles, California 90013 (XXX)

DESCRIPTORS: Acitivties; Aged; Evaluation; Minority; Poverty; Recruitment; Satisfaction; Senior Citizens; Social Clubs.

ABSTRACT

STATEMENT OF THE PROBLEM: This study evaluated the effectiveness of a program serving the aged poor in Los Angeles. The project evaluated was Operation Reach Out which, as part of its function and goal, was to involve older people, who were Negro, Mexican American or Anglo and residents in poverty areas, in social clubs. This evaluation study focused on clubs for older people which were instituted by Operation Reach Out. More specifically, the evaluation focused on the goal of recruitment, the goal of the types of persons reached and the goal of satisfaction of members needs. The final purpose of this evaluation study was to form judgments about the extent of achievement of goals held by Operation Reach Out.

METHODOLOGY USED: In order to evaluate the goals and objectives of Operation Reach Out, an independent orgarization, The Welfare Planning Council, was employed to design and carry out an evaluation study. The design called for evaluating the program according to its stated objectives rather than against some external criteria.

In accordance with the study design, the data was gathered through a questionnaire survey of 322 members and officers of 23 clubs in the three county area of South Central and East Los Angeles. A comparable survey of 48 nonmember older people from the same locations and neighborhoods and examination of relevant records, reports and publications of Allied Senior Citizens Clubs, Inc. was also carried out. The types of information sought were as follows:

1. socioeconomic and background characteristics of club members and nonclub members including sex ratio;
2. club activities;
3. extent of friendship and association among club members before joining the clubs and outside of club meetings;
4. effects of dues-paying and the use of dues;
5. the needs and desires of the elderly;
6. the extent and type of isolation of club members;
7. recruitment techniques and their effectiveness; and
8. the number of old people who were referred and the number who received service.

Most of the data was secured through the survey of the clubs and Operation Reach Out field aide reports. Three questionnaires were designed for the club survey with a Spanish language translation on each form. One questionnaire was for club members, one for nonmembers and the third for club presidents or other persons informed about club activities.

Club members completed their forms at a regularly scheduled club meeting. Nonmembers, defined as those 50 years of age or older and residents of the clubs' neighborhoods, were contacted through church personnel, club members or Operation Reach Out aides and evaluation study staff. The questionnaires were read aloud by a staff member while the respondents followed on a separate copy. Spanish was spoken by the moderator where appropriate. The questionnaire contained 43 items of closed-end style.

MAJOR RESULTS OBTAINED: Twenty-three of the 24 clubs for the aged were cooperative in securing the study data. One club refused to participate and several individuals declined and gave as an explanation, "an invasion of privacy." The 322 completed questionnaires consisted of 56% of the total members of the 1968 total and 43% of the 1969 total.

The results pertaining to the evaluation of Operation Reach Out related to the three goals were recruitment of clubs and members, types of persons reached and satisfaction of club members. An examination of the first goal revealed that a total of 24 clubs had 752 members, most of whom were recruited during 1968. The most effective recruitment agents were the project field aides and club members. With regard to the second goal, the majority of those reached were older persons (65 or older), poor (income under $2,000) and were residents of the three county area. The majority were socially active, rather than socially isolated. The number of women exceeded the number of men in all three areas. Also, the degree of segregation exceeded the degree of segregation among the aged population in each area. In regard to the third goal, members felt that the clubs were one of their most important social outlets, but the majority indicated a need for new activities. Member knowledge of how to find community services was generally low.

USAGE POTENTIAL: The authors point out that Operation Reach Out was an effective method of recruitment of older persons to Senior Citizens Clubs. Based on the premise that senior citizens clubs fill some unmet needs of older people, the results of this study have direct application and important implications. Perhaps an organized effort such as the one presented here is necessary in securing and maintaining involvement of the aged in senior citizens clubs. Also, the general lack of knowledge among the aged of social service information may point to the need for an organized program of public education and information.

FINAL REPORT TITLE: Consensual Variation in the Normative Elements of the Aged Status Within Three Subcultural Groupings of Louisiana

PROJECT NUMBER: AA-0022A
DATE OF REPORT: 1968

PROJECT DESCRIPTION: Cultural factors in adjustment to confrontation by aging.

PROJECT DIRECTOR: Dr. Alvin L. Bertrand
GRANTEE: Department of Sociology and Rural Sociology
Louisiana State University
New Orleans, Louisiana 70122 (II)

DESCRIPTORS: Aged; Behavior; Consensus; Cultural; Gerontology; Role; Socialization; Sociology; Status.

ABSTRACT

STATEMENT OF THE PROBLEM: This Master's degree study conducted at Louisiana State University was an investigation of structural influences upon the aged role within a subcultural setting in Louisiana. It dealt basically with theoretical concepts involving both the sociology of aging and social structure. In all social action systems it is possible to perceive analytically a framework of roles and positions which ultimately comprise structure. The cultural influence upon this structure is felt primarily at the basic level of the norm and due to this, differing normative definitions can be seen as producing varying structural patterns. These patterns can then be investigated in an attempt to determine structural influences upon behvaior or attitudes.

The major theoretical position centered on the concept of later life socialization and consensual patterns. The degree of socialization for a status is conjecturally reflected by the degree of consensus upon the normative elements of that status within the socialization unit. This relationship was used as an empirical device for collecting data relating to the process of socialization for the aged status. In this study aging was viewed as a sequential progression of roles within a structure. Thus, it becomes possible to investigate the factors influencing transition from one sequential role to the next which are based upon the normative structure of the roles.

METHODOLOGY USED: A comparative analysis was made of data obtained from interviews of 577 respondents representing three subculture groupings in Louisiana, namely the French, non French and Negro subcultures. The following four areas were investigated:

1. differentiation in normative consensus between subcultures;
2. differentiation in normative consensus within subcultures;
3. normative consensus and morale; and
4. normative consensus and readiness for aged status occupancy.

Differences in normative consensus between subcultural subunits were used to predict variance in other variables.

MAJOR RESULTS OBTAINED: The results indicated that socialization for the aged status is not observably progressive with age increase. Within the subcultural subunits, such as ethnic group membership, socioeconomic status and regional residence, it was expected that consensus on normative elements of the aged status would increase consistently as persons neared the point of entering that status. Subunits were divided into three age groupings and the findings indicate that socialization as

measured by the consensual index, does not move consistently toward a complete state as persons progress through the life cycle. Although generation differences may have intruded and distorted the findings, it must be concluded that, in the absence of any observable patterning, socialization for the aged status is not progressive and consistent.

It was found, however, that direct and significant relationships were found between both consensus and morale, and consensus and readiness for aged status occupancy.

USAGE POTENTIAL: This study has value primarily for the theoretical fields of sociology and gerontology. In fact, it represents an excellent merger of these two fields in that it deals with the influence of social structure and cultural forces on the behavior and attitude of older persons.

It may have some usage potential for educators who may be interested in mass media programs to help prepare older people for aged status occupancy and morale building. It gives clues to all social action programs for older people toward the utilization of homogeneous groupings rather than heterogeneous groupings to accomplish positive attitudes, morale and consensus.

FINAL REPORT TITLE: Socialization for the Aged Status Among the Negro, French and Non-French Subcultures of Louisiana
PROJECT NUMBER: AA-0022B
DATE OF REPORT: August 1967
PROJECT DESCRIPTION: Cultural factors in adjustment to confrontation by aging.
PROJECT DIRECTOR: Dr. Alvin L. Bertrand
GRANTEE: Department of Sociology and Rural Sociology
Louisiana State University
New Orleans, Louisiana 70122 (II)

DESCRIPTORS: Aged; Aging; Attitudes; French; Gerontology; Negro; Socialization; Status; Subcultures.

ABSTRACT

STATEMENT OF THE PROBLEM: The problem investigated was to define and describe variations in aging within the Negro, French and nonFrench subcultures of a specific area of the state of Louisiana. More specific objectives were to:

1. examine variations within the three subcultures mentioned above;
2. provide an explanation for the relationship of subcultural definitions of the aged status to attitudes towards aging;
3. test the relationships of attitudes toward aging and the process of becoming socialized into the aged status;
4. investigate the relationship of socialization to willingness to assume aged status;
5. determine the relationship between willingness to assume the aged status and actual assumption of that status; and
6. determine the relationship of actual assumption of the aged status to subcultural definitions of that status.

METHODOLOGY USED: The procedure used included interviews of a random sample of 577 individuals from three subcultures (French, nonFrench and Negro), of the State of Louisiana. Respondents were selected to represent three age groups: 18 to 39, 40 to 59 and 60 and over. Basic sociodemographic data was asked for as well as the attitudes of the respondents toward old age and his knowledge about aged status. One basic set of questions were asked of all respondents and separate batteries of questions were asked of people over and under 60 years of age.

The following theoretical propositions were empirically tested:

1. the more favorable the aged status is defined by a subculture, the more positive will be the attitudes toward the aged status;
2. the more positive the attitudes toward aged status, the socialization process will be more complete;
3. the more complete the socialization process, the more favorable the attitudes toward assuming the aged status;
4. the more favorable the attitudes toward assuming the aged status, the sooner it will be assumed; and
5. the sooner the aged status is assumed, the more favorable will be the subcultural definitions of the aged status.

A structured interview schedule was employed by trained interviewers. The schedule included such items as "Do you feel that old people are left out of things?" Twenty-four separate hypothesis were tested in relation to the stated propositions by use of the difference of proportions test and difference of means test.

MAJOR RESULTS OBTAINED: The empirical test applied revealed support for propositions one, two and four. That is, the more favorably the aged status is defined by the subculture, the more positive will be the attitudes toward the aged status (proposition one). The more positive the attitudes toward aged status, the more complete the socialization process (proposition two). Proposition four stated, the more favorably the attitude toward assuming the aged status, the sooner it will be assumed. There was a lack of support for propositions three and five.

The following conclusions were drawn:

1. The cultural environment provides the background setting in which aging occurs and accounts for socialization into any status position.
2. Attitude formation toward status position is a first step in the process and may occur informally.
3. During the stage at which socialization takes place, attitudes toward actual assumption of aged status are formed.
4. Attitudes toward assuming a new status position may be positive, neutral or negative.
5. In subcultures where old age is accepted as a status position at an earlier stage in life, the subcultural definition of aged status is more favorable.

USAGE POTENTIAL: Knowledge of the results of this study would be of importance in those areas of scientific endeavors, theoretical, methodological and pragmatic. In theory, this study would substantiate certain assumptions of the interrelationships of cultural, psychological and sociological phenomena relative to human aging. Concerning methodology, this study has demonstrated the applicability of certain research tools. Pragmatically, this study has implications for welfare programs to provide flexibility in their application. Since attitudes toward aging begin prior to onset of agedness, programs should begin educating people at an earlier age for certain positive aspects of aging. Further research regarding the formation of attitudes and the affects on aging may help reduce social employments to adjustment to old age. Crosscultural studies may be of assistance in providing program planning for the welfare of elderly people as pointed out by the author.

R. W. Taylor (AA-0022B)

FINAL REPORT TITLE: Social Participation and Life Satisfaction of Senior Citizens
PROJECT NUMBER: AA-0015C
DATE OF REPORT: September 1968

PROJECT DESCRIPTION: To demonstrate, through the establishment of five centers in public housing projects, that older people can adequately plan and operate recreation, education, and cultural activities and services under professional guidance. Data will be developed to serve as a model for communities interested in a similar operation.

PROJECT DIRECTOR: Mr. Charles M. Christiansen
GRANTEE: Parks, Recreation and Public Property
Department of Omaha
521 City Hall
Omaha, Nebraska 68102 (II)

DESCRIPTORS: Elderly; Participation; Recreation; Retirement; Satisfaction; Social.

ABSTRACT

STATEMENT OF THE PROBLEM: The primary purpose of the study, conducted for the Omaha Housing Authority, was to determine the amount of participation in recreational activities and facilities provided for senior citizens residing in low-income tower apartment houses. Specific information was desired concerning the activities most popular with the residents, the extent of senior citizen satisfaction with their living quarters and life in general and the reason behind the social disengagement of some elderly persons.

METHODOLOGY USED: Data was gathered during the summer of 1968 from residents of five high-rise, low-rent apartment buildings. The total number of residents in the buildings was 702. These occupants were people who were at least 62 years of age and whose total income fell below a specified level.

Subjects were randomly chosen from lists of apartments and residents provided by the Housing Authority. A 20% sample was chosen from each of the five buildings. The original sample included 141 persons. Because of refusal to be interviewed, unavailability of others and the necessary substitutions of willing subjects for unwilling original subjects, the final number of completed interviews was 135.

An orally administered interview schedule was utilized to gather the data. A letter of introduction and explanation preceded the interviews. Three pretests were conducted and seven changes were made in the interview schedule. Interviewing was done by two graduate students in sociology over a period of five weeks. The possibility of interview contamination due to communication between respondents and potential respondents was recognized, but impossible to control with such a limited number of interviewers. Interviewers did, however, make an oral request of respondents not to discuss questions with other residents of the buildings. Interviews ranged in length from 30 to 60 minutes.

MAJOR RESULTS OBTAINED: Of the 135 respondents, 36 were men and 99 were women. There were 125 white subjects. All ten non-white respondents lived in the same building. Fifty-two per cent of those interviewed were between the ages of 65 and 74 while 26% were 75 years or older.

Respondents generally indicated that they felt that the recreational programs in the towers were adequate and well organized. Those who participated in them found them enjoyable. The more specialized

programs such as the ceramics and art classes attracted fewer persons than did activities such as monthly birthday parties, bus tours and outings. Individual or personal leisure time pursuits were mentioned more often than group recreational activities. Television viewing was the recreation engaged in most frequently by the tower reisdents.

Age of the respondents was found to have some bearing on the amount of participation in group recreational activities with those over 75 taking part in fewer social events. This is probably due at least partially to general decline in physical capabilities. Voluntary disengagement may also be somewhat responsible for lessened activity. Age did not seen to have any influence on whether the subjects said they were happy and satisfied or on whether they held a pessimistic or optimistic view of the world. Here it must be remembered that nearly all the members of this sample were 60 or over so that there was no basis for comparison with younger individuals.

Life satisfaction among the members of the sample could probably be equated with the concept of successful aging. Some support was found for all three of the prominent theories of successful aging (the activity theory, the disengagement theory and the inner satisfaction theory). The present investigators concluded that inner satisfaction is probably the major criterion of successful aging. However, there are difficulties involved in tapping inner feelings of contentment and happiness by means of an interview schedule.

Successful aging is not an unidimensional concept based on one factor such as maintenance of the activities of middle age or the voluntary disengagement from social interaction. Aging successfully is a multidimensional process which, in order to be defined and studied, requires that many aspects of the individual's past and present life experiences, attitudes and social environment be investigated.

Persons in this survey who said that they were happy and seldom lonely or bored were found to be more inclined to take part in the group recreational programs within the apartment buildings. Likewise the individuals who viewed the world with optimism and conformed to the dominant values of American culture took part in more of social activities than did others. The subjects' outlook on the world and their satisfaction with retirement and with what they had accomplished (expressed satisfaction or set) seemed to be closely linked. There was no discernable difference between those members of the sample classified as disengaged and those classified as engaged with regard to their expression of satisfaction, contentment or happiness.

USAGE POTENTIAL: The topic this study investigated and, to some extent, the results of the study have implications for many non-voluntary work-retired individuals. Included in this group are those persons who are classified totally disabled by the Social Security Administration, unemployed workmen's compensation cases who are in their mid-50's and older disabled workers. It would appear that group recreational activities and, perhaps, group counseling could be helpful to the above-noted groups of clients who are often seen in rehabilitation agencies.

P. R. Salomone (AA-0015C)

FINAL REPORT TITLE: Cohesiveness and Aging: An Empirical Test

PROJECT NUMBER: AA-0015A
DATE OF REPORT: November 1969

PROJECT DESCRIPTION: To demonstrate, through the establishment of five centers in public housing projects, that older people can adequately plan and operate recreation, education, and cultural activities and services under professional guidance. Data will be developed to serve as a model for communities interested in a similar operation.

PROJECT DIRECTOR: Mr. Charles M. Christiansen
GRANTEE: Parks, Recreation and Public Property
Department of Omaha
521 City Hall,
Omaha, Nebraska 68102 (II)

DESCRIPTORS: Aged; Cohesiveness; Conformity; Recreation; Social Activities; Social Interaction.

ABSTRACT

STATEMENT OF THE PROBLEM: Generally, the study was concerned with social interactions of the elderly. Specifically the study attempted to discover the relationship between social homogeneity and geographic proximity in determining informal interaction and determining the extent to which cohesiveness of a group influences conformity to group norms. Four hypotheses were specified:

1. The more homogeneous the group the more geographic proximity affects the interaction of group members.
2. The more cohesive the group, the larger the number of its members that conform to a group norm.
3. Those who deviate from the group norm are more likely to seek their social activities outside the group.
4. The well liked members of a group are more likely to conform to group norms than are isolates.

METHODOLOGY USED: Subjects chosen for the study were residents of seven Omaha Housing Authority apartment buildings for the elderly. One floor from each of the buildings was randomly selected and the residents of those floors, numbering 100, comprised the sample. Several persons refused or were too ill to participate in the study. All subjects were at least 62 years of age. Data was collected by means of a 73-question orally administered interview schedule.

MAJOR RESULTS OBTAINED: Results are reported for each of the four hypotheses. In no cases were the hypotheses supported.

1. Hypothesis one suggested that the more similar floor residents are on certain traits, the more they choose persons on their own floor for social contacts. However, the correlation of 0.26, while in the direction predicted, was not significant.
2. Hypothesis two suggested that the more social contacts there are among floor members, the fewer floor residents who deviate from the floor's majority attitude toward and participation in organizational and recreational programs. However, results indicated the more cohesive floors tended to have more deviates than the less cohesive floors.
3. When deviates were contrasted to conformers with respect to seeking outside social activities no differences were noted (hypothesis three).
4. Hypothesis four which suggested that floor residents who were highly chosen by other floor occupants on a sociometric test conform to the norm on issues of relevance was not supported.

USAGE POTENTIAL: This report would seem to have value for those persons

working with elderly persons or interested in social interaction processes among elderly persons. Although the results are not significant, insight regarding living arrangements and social outlets of the aged in addition to an excellent review of the literature can be obtained from this document.

FINAL REPORT TITLE: Aging Group Consciousness: An Empirical Test

PROJECT NUMBER: AA-0015B
DATE OF REPORT: November 1969

PROJECT DESCRIPTION: To demonstrate, through the establishment of five centers in public housing projects, that older people can adequately plan and operate recreation, education, and cultural activities and services under professional guidance. Data will be developed to serve as a model for communities interested in a similar operation.

PROJECT DIRECTOR: Mr. Charles M. Christiansen
GRANTEE: Parks, Recreation and Public Property
Department of Omaha
521 City Hall
Omaha, Nebraska 68102 (II)

DESCRIPTORS: Aged; Leadership; Joining; Psychological Aspects; Social Interaction.

ABSTRACT

STATEMENT OF THE PROBLEM: The study is concerned with the emerging subculture of elderly persons. More specifically the study attempts to evaluate four hypotheses deduced from a theory regarding the social interaction and group consciousness of older persons. The hypotheses were as follows:

1. Older people who are aging group conscious are more likely to join organizations exclusively for older people.
2. Older people who are aging group conscious are more likely to take pride in organizations exclusively for the elderly of which they are members.
3. Older people who are aging group conscious are more likely to assume positions of leadership in organizations that are exclusively for the elderly.
4. Older persons who are aging group conscious are more likely to talk over problems constructively in meetings or organizations exclusively for the elderly.

METHODOLOGY USED: A 10% sample was drawn from 703 residents of five highrise public housing apartment buildings for the elderly. Residents were at least 62 years of age and did not have financial assets of more than $5,000 for a single person nor in excess of $7,500 for a married couple.

Data was gathered by means of a 13-question orally administered interview schedule. Select questions from the schedule indicated whether a person was aging group conscious. Measures of the dependent variables were also to be obtained in the questionnaire.

MAJOR RESULTS OBTAINED: Results are reported for each of the four hypotheses tested:

1. The first hypotheses did not support the contention that aging group conscious persons were more likely to join organizations exclusively for older people. Some activities, not identified as "joining" were correlated with aging group consciousness, namely participation in Senior Citizens and attendance at tenant organization meetings.
2. The second tested hypothesis supported the notion that aging group

consciousness was related to pride in organization. Group conscious persons did make efforts to notify and get others to participate in tenant organization activities.

3. No support was found for the hypothesis that a relationship existed between aging group consciousness and assuming positions of leadership in organizations for the elderly.
4. The fourth hypothesis, positing a relationship between aging group consciousness and discussion of problems in meetings, was not supported. Operationally, aging group consciousness was manifested by the group. However, expressed identification with the elderly or old was no greater for those designated as aging group conscious than for those said to be lacking in aging group consciousness. It was concluded, therefore, that more work needs to be done in clarifying the concept of aging group consciousness.

USAGE POTENTIAL: It would appear that this report would have value for persons concerned with the group interaction and social psychology of elderly persons. Although the results of the hypothesis testing were not generally supported, insights regarding social interaction of the aged would seem to be important.

FINAL REPORT TITLE: A Contextual View of Deprivation Among the Aged
PROJECT NUMBER: AA-0027
DATE OF REPORT: 1970

PROJECT DESCRIPTION: To examine styles of adjustment of deprivation among a sample of aged Negro and White residents in an inner city area in the context of both: (1) the community in which they live, and (2) the social welfare and health care systems operating in that community to enable an understanding of the processes of aging through study of the place of the aged individual in his social and physical environment.

PROJECT DIRECTOR: Donald P. Kent
GRANTEE: Pennsylvania Department of Public Welfare
% Dr. Donald P. Kent
Department of Sociology
Pennsylvania State University
University Park, Pennsylvania 16802 (XXIII)

DESCRIPTORS: Aged; Demographic; Ecology; Economic; Employment; Housing; Poor; Race; Urban.

ABSTRACT

STATEMENT OF THE PROBLEM: This was an extensive survey into the living conditions of urban low income elderly persons. The goal of the research was to delineate the major needs of the population and measure the degree and manner in which social and health services are provided to the elderly poor in cities.

METHODOLOGY USED: Subjects for the investigation were noninstitutionalized persons over age 65 of low income status. Low income status and racial status, predominantly black, were virtually guaranteed by using a combination of random and cluster sampling, called area probability sampling by researchers. A total of 1,395 persons were randomly sampled from 53 of Philadelphia's poorest census tracts. All of these individuals were contacted by interviewers and 1,022 (73%) agreed to participate. Although the Department of Social Welfare sponsored the research, their own employees were not involved in the research and no coercive pressure was applied to force people to volunteer. The instrument used to provide data was an extensive interview schedule covering 18 separate context categories. Subjects were asked to respond to questions on general background information, marital status, family organization and interaction, patterns of daily living, economic position, housing, personal history, attitudes toward other generations, attitudes toward other racial groups, life style, school and work history, health, use of health services, use of community services, patterns of recreation, adjustment to retirement, integration into community and needs and problems.

MAJOR RESULTS OBTAINED: Findings are reported by six major content areas: demographic data, birthplace and migration, family structure and function, friendship relations, economic conditions and housing conditions.

Regarding birthplace and migration there were several notable differences between whites and blacks. Far more whites (35.8%) than blacks (8.7%) were born in Philadelphia. Twice as many whites came to Philadelphia before they were 18 years old and a great many (43.5%) were foreign born. The great majority of blacks (71.4%) were born in the Southeastern United States and did not migrate to Philadelphia until they were adults.

Another major area of research emphasis dealt with family structure and function. Most aged persons lived in small households containing three or four people. Approximately 25% lived alone and about 20% lived only with a spouse. Death had significantly affected the marital status of many of the aged. Thus, less than 25% of women were married compared to more than 50% of aged men. This reflects the fact that there are more women than men and that widows don't remarry as often as widowers.

Kinship relations also differed by race. Whereas six per cent of whites had no living kin, 11% of blacks were without living relatives. Furthermore, 27% of whites had two or more living children compared to 37% for blacks. Although approximately one-fourth of all aged, black and white, had no active kinship relations, among the remainder there was considerable active interaction with children, grandchildren and siblings. Of this group, approximately one-half had at least one kin contact a week and nearly all had kinship contact at least once a month. In a majority of cases relatives rendered some kind of financial or personal assistance. Patterns were similar for whites and blacks. Approximately 34% received no family assistance, 41% received some assistance and 25% were totally dependent.

Another major area of research concern was the investigation of the economic conditions of the aged poor. Specifically investigated was the relationship of income, work history and socioeconomic status to poverty. Because of their poverty and age nearly all subjects had to receive financial assistance from outside sources. Seventy-eight per cent of blacks and 85% of whites received such benefits.

Socioeconomic status (SES) was estimated using the Hatt-North Occupational Prestige Ratings. An analysis of variance test between the independent variables (age and SES) and the dependent variable (average monthly income) was significant. Blacks had substantial lower average earnings than whites of similar SES position.

The final area of research concern was the housing conditions of the aged poor. Substantial and consistent differences existed between races on several dimensions. Subjects from both races showed very stable histories of residence, however, this was even more true of whites. Where 60% of Whites had always lived in the same neighborhood the figure was 44% of Negroes. Similarly, 54% Whites had lived in the same neighborhood for 20 or more years in contrast to 42% of Negroes.

USAGE POTENTIAL: This was a carefully done ecological and demographic study of the aged poor. It is particularly unique in that it provides substantial amounts of information about urban Negroes who are aged and poor. Because of the methodological preciseness of the study, particularly sampling, results have extensive generalizability to the aged poor nationally.

Findings were fairly similar for races regarding some aspects of family structure and friendship relationships. Many racial differences were observed, however, among the aged poor. Generally, poverty was more devastating for blacks. The majority of aged appeared in need of social services. In some instances, they were unaware of community resources available to them but in other instances, most notably social welfare, they avoided available assistance because they felt they would be demeaning themselves.

SPECIAL PROBLEMS

FINAL REPORT TITLE: Proceedings of the Research Conference on Geriatric Blindness and Severe Visual Impairment

PROJECT NUMBER: AA-0046
DATE OF REPORT: September 1967

PROJECT DESCRIPTION: This grant supported a research workshop which brought together experts in the social, psychological, and statistical fields to identify and explore the problems and questions for research in relation to the older blind person.

PROJECT DIRECTOR: Dr. Milton D. Graham,
GRANTEE: American Foundation for the Blind
15 West 16th Street
New York, New York 10011 (XIX)

DESCRIPTORS: Blind; Gerontology; Older Adult; Psychological Aspects; Research Need; Sight Restoration.

ABSTRACT

STATEMENT OF THE PROBLEM: This report describes a two-day Research Conference held September 7-8, 1967, in Washington, D.C. The purpose was to learn more about the population of aged blind persons who make up the majority of the blind and severely visually impaired. The Proceedings were published by the American Foundation for the Blind in May, 1968.

METHODOLOGY USED: Four papers were presented followed by comments by discussants, all of whom were interested in the status and welfare of elderly blind people. The following are names of the participants and titles of their papers, followed by their respective discussants:

1. "Statistical Implications of the Problem of Geriatric Severe Vision Impairment and Blindness," by Hyman Goldstein. The discussant was Irving D. Goldberg.
2. "The Social and Cultural Context of Aging in American Society," by Robert A. Scott. The discussant was Richard A. Kalish.
3. "The Psychological Implications of Severe Visual Impairment in Older Persons," by Jeanne G. Gilbert. The discussant was Monsignor Richard McGuinness.
4. "Service Needs of Aged Persons with Severe Vision Impairment or Blindness," by Douglas MacFarland. The discussant was Irving Miller.

A discussion summary followed each presentation and was related both to research and to the practical delivery of services. Some participants were drawn from disciplines related to the blindness system and some from outside, but all were expert in their fields. It was felt that the use of a variety of professionals and their viewpoints cause us to think and thus to learn and grow in our knowledge.

MAJOR RESULTS OBTAINED:

1. The need for more information and better planning for the army of aged blind that is now forming has been identified.
2. Research is needed to identify the psychosocial characteristics of the diverse aged blind population.
3. Research is needed to determine the impact, effect, and resultants on social, medical and other facilities and services provided to visually impaired persons of old age in these subpopulations.
4. Since there has been a population study of a representative study

of the blind and severely visually impaired, the report has called for more fundamental research on blind people. This would hopefully include not just those known to and served by agencies for the blind, but would include study of the more complete blind population.

5. Participants emphasized that only by conducting some fairly large-scale research will it be possible to answer questions raised during the conference about the characteristics of the population and of the subpopulations it contains.
6. The papers demonstrated that even after such knowledge becomes available, there will still be remaining a substantial number of fundamental questions about the services offered, to afford much scope for both basic and applied research.

Many more questions seemed to have been raised by the Conference than were settled.

USAGE POTENTIAL: The group established quickly that they were not dealing with a monolithic population of the "aged blind," but rather a heterogeneous population of blind and severely visually impaired. These people were aged or elderly, recruited from different backgrounds and presented various problems for service programs, for statistical sampling purposes and for intellectual understanding of their behavior. Vocational rehabilitation counselors and agencies must remain flexible in considering employability of a client on the basis of his interest and ability rather than on his age. The older person may be used as consultant to vocational rehabilitation counselors and agencies and have considerable influence and be of great assistance in working with clients with imagination and genuine concern for others. Counselors can have significant influence on the lives of the older person who is also visually impaired.

Bobbe R. Wheeler (AA-0046)

FINAL REPORT TITLE: IHB Geriatric Rehabili- PROJECT NUMBER: AA-0023
tation for Institutionalized Blind Report DATE OF REPORT: September 1969
PROJECT DESCRIPTION: To determine the incidence of blindness among institutionalized older people; to demonstrate the usefulness of rehabilitation services in assisting older blind persons who need protective care to enter and adjust in homes for the aging; to evaluate the costs and utility of such a program.
PROJECT DIRECTOR: Peter J. Salmon
GRANTEE: Industrial Home for the Blind, Inc.
57 Willoughly Street
Brooklyn, New York 11201 (XIV)

DESCRIPTORS: Aged; Aged Homes; Blind; Causes; Eye; Geriatrics; Incidence; Need; Nursing Homes; Recreation; Social; Survey.

ABSTRACT

STATEMENT OF THE PROBLEM: The project determined the incidence of blindness in nursing homes and homes for the aging and provided specialized services in the areas of detection, treatment and prevention of blindness. The project services also included casework, rehabilitation and recreation. Furthermore, orientation and training to institutional staff regarding blindness was provided.

METHODOLOGY USED: The following procedure was followed to obtain basic information for later analysis:

1. Nursing homes and homes for the aging within a four-county area served by the Industrial Home for the Blind were sent letters and contacted personally about the project. Fifty-six institutions agreed to participate.
2. Each administrator completed a questionnaire (Facility Attitude Scale) regarding admission policies of blind applicants, number of blind residents, existing services for eye care, etc.
3. All the residents in the participating institutions were screened by project staff for visual loss and blindness. Screening methods used Titner Screening Machine, the Snellen Chart, and the Illiterate E Chart to test distance vision and a standard point-type reading chart to test near vision. Residents who failed the test were followed up further. Failure was defined as blindness (i.e., visual acuity does not exceed 20/200 in the better eye with corrcting lenses or, when the widest diameter of the visual field subtends an angle no greater than 20 degrees or, a visual acuity in both eyes of 20/200 or less or, visual acuity of the better eye better than 20/200 but a field vision constricted to 20 degrees or less). There were 5,376 residents in the 56 institutions and 1,557 failed the screening. Two institutions (491 residents with 227 failing), at this point, decided not to participate so that the total subjects was 1,330.
4. Ophthalmological data was available on 1,009 subjects which were reviewed by the New York State Commission for the Blind and Visually Handicapped. A total of 716 were subsequently classified blind.
5. The institutions were encouraged to report new cases of blindness (screened residents who became blind and new admissions) adding 116 new cases to the project making a total of 843 individuals served by the project.

6. Basic psychosocial information on the blind residents was obtained by the project social worker. On the basis of the information and observations made during the initial contacts, the social worker made recommendations for any, all, or none of the following services:
   a. health evaluation by institution's medical department;
   b. eye care services (surgery if indicated, optometric evaluation and/or further ophthalmological evaluation);
   c. social casework (supportive, intensive, family counseling,etc.);
   d. rehabilitation services directed at independent self-care skills and/or at training in skills of independent mobility; and
   e. recreational services directed at social participation, motivation, etc.
7. Audiological evaluations were provided by the project and audiograms with recommendations were followed through by the institution or by the project.
8. Where necessary, orientation and training was provided to members of an institutional staff, and supervision was provided in assisting to initiate, develop, and maintain ongoing services in social service, rehabilitation and recreation.

MAJOR RESULTS OBTAINED: Analysis of administrators' responses to the Facicity Attitude Scale indicated a number of existing unrealistic and negative attitudes in the home. Some homes had no eye exam requirements for new admissions, 12 stated they would not admit legally blind applicants and 23 imposed conditions in physical mobility, location and activity participation of blind admissions. About 50% responded that blind residents required more care and should pay higher fees.

The primary causes of blindness of the 843 subjects were cataracts (347), senile macular degeneration (147) and glaucoma (67). Cataract surgery was recommended medically for 235 subjects. Of the 235, 69 became inactive due to health, discharge or illness, 82 were reassessed and surgury was contraindicated due to emotional or physical condition, 44 refused surgery despite casework services and 38 had surgery. A total of 153 subjects received rehabilitation training services (i.e., grooming skills, social skills, dining skills, mobility skills and communication skills). Recreational programs were improved or instituted in 49 homes and staff orientation was conducted in virtually all the homes where rehabilitation services were needed by residents.

USAGE POTENTIAL: The authors highly recommend making it a standard practice in eye examining procedures to test visual fields so that benefits and services available to legally blind aging persons can be rendered. Furthermore, the results point to the importance of staff orientation especially of nonprofessional workers in institutions for the aging. This project also showed that county health agencies and other governmental agencies should provide periodic health and eye examinations to residents of homes for the aging and nursing homes as well as audiological examinations.

Lastly, recreation was found to be vital in homes to prevent withdrawal to isolation, to encourage socialization and to stimulate the use of mental and physical facilities.

R. W. English (AA-0023)

FINAL REPORT TITLE: Home Teaching of the Geriatric Blind
PROJECT NUMBER: AA-0003
DATE OF REPORT: 1969
PROJECT DESCRIPTION: To determine the effectiveness of home teaching of aged blind persons.
PROJECT DIRECTOR: Cleo B. Dolan
GRANTEE: The Cleveland Society for the Blind
1909 East 101 Street
Cleveland, Ohio 44106 (XXII)

DESCRIPTORS: ADL; Aged; Blind; Geriatrics; Home Teacher; Teaching Aides.

ABSTRACT

STATEMENT OF THE PROBLEM: Blindness increasingly was becoming a disease of the aged. Home teachers traditionally had assisted blind persons in overcoming the problems caused by blindness. However, little was known about the effectiveness of home teachers in working with the aged blind. The purpose of the project was to see whether geriatric blind clients are teachable and whether their attitudes and skills could significantly be improved by means of the home teaching services.

METHODOLOGY USED: During the first months of the project, much preliminary work was accomplished under the supervision of the project director. This included the development of a research design and such basic research instruments as the rating sheets, models for case records, etc. Also outlined were the services to be provided by the home teacher in as flexible a curriculum as possible. A principal investigator was hired to be responsible for the initial contact of clients, the rating of their skills and attitudes on a before-and-after basis and the general functioning of the project, including supervision of home teachers, record keeping, etc. Two blind home teachers with Masters Degrees in Special Education were hired as the project's home teachers. A researcher and clerical help completed the project's staffing pattern. Frequent consultations were held with staff members of the Cleveland Society for the Blind. The project population consisted of 132 clients who were "newly blinded" (i.e., blind no longer than 10 years and who were at least 60 years old). This major experimental group received home teaching services under the designation of the newly blinded geriatric clients. For experimental and research purposes, two other small groups of clients received services in the project. The first group consisted of 11 clients who were blind between 17 and 53 years, while the second group consisted of only seven clients who were not taught at home as were all other experimental clients, but in the Society's experimental apartment.

Seven newly blind died during the project, 11 rejected the offered services and 14 clients could not be included in the research because of incomplete data.

Clients assigned to the experimental group were contacted by the principal investigator who made an appointment and visited them in their places of residence. Availability and contents of home teaching services were explained and the investigator also rated the clients' skills. If the client accepted the offered home teacher services, he was informed that a totally blind home teacher would soon make an appointment and then come to see him at mutually convenient intervals. Members of the control group were visited and rated in the same way but no definite

services were offered, but the possibility of new programs at some future date was mentioned. Clients were randomly assigned to the home teachers who visited clients, developed rapport, determined needs and started to teach pertinent skills. As soon as possible after the last lesson, the principal investigator visited the client and gave him the same performance tests that were given before the home teaching started. A comparison between the two ratings was made to show the effectiveness of the home teaching services. At the same time the corresponding control group members were given identical tests to exclude the likelihood of factors other than home teaching in bringing about changes in ratings. The attitudes and skills measured on a before-and-after basis were plotted on a rating scale and were assigned scores of from "1" to "4" corresponding to various levels or grades of performance. A score of "1" stood for total inability or failure while a score of "4" represented the best performance or skill level.

MAJOR RESULTS OBTAINED: Statistically significant improvements were found in total attitude ratings and in total ability ratings for the newly blind experimental group, whereas no significant differences developed in the control group. The attitudes and skills of the newly blind geriatric clients who received the home teaching services showed a significant improvement as a result of these services. The statistical tests indicated that this improvement could not have been due to any chance factors but could be attributed to the home teaching services provided. The process of abstracting does not allow for a listing of the various observations and findings made but the project group did conclude that newly blinded clients over 60 years of age can, on the whole, successfully learn various home teaching skills, such as activities of daily living, personal grooming, communications, cooking, sewing and various other tasks.

USAGE POTENTIAL: The project's results could be utilized as a basis for further research in casefinding and case reporting techniques. Agency administrators, home teachers and rehabilitation center personnel would find interesting reading in the project's narrative, especially as it relates to actual case studies and personnel needs. Volunteer groups as well as agency administrators might be interested in the project's suggestion that experimentation should be initiated with home teaching aides. Senior citizens groups in various communities, or throughout the United States, might organize to serve as home teaching aides to provide instruction in simple skills such as telephone dialing, telling time, etc.

E. J. Manderfield (AA-0003)

FINAL REPORT TITLE: Physiological Effects of an Exercise Training Regimen Upon Men
PROJECT NUMBER: AA-0053
DATE OF REPORT: 1969
PROJECT DESCRIPTION: To investigate the benefits of exercise on the general health and vigor of individuals.
PROJECT DIRECTOR: Herbert A. Devries
GRANTEE: Rossmoor-Cortese Institute
University of Southern California
Los Angeles, California 90007 (XXI)

DESCRIPTORS: Calisthenics; Effects; Exercise; Geriatrics; Medicine; Physical Training; Sports.

ABSTRACT

STATEMENT OF THE PROBLEM: Systematic physical exercise is widely believed to be beneficial to general health and vigor for middleaged and older people as well as for the young. Much authoritative opinion, but little experimental evidence, exists to support these convictions. There are many unanswered questions regarding the physiological responses of older men to vigorous conditioning programs. The purpose of the investigation was to provide elucidation of the following questions:

1. To what extent can the decline in physical work capacity with age be modified by an appropriate exercise regimen?
2. To what extent can health risk factors such as blood pressure, ability to relax, per cent body fat, etc., be modified in older men by appropriate exercise?
3. How large is the capacity for improvement of physical work capacity in older adults, if indeed it exists?
4. How does the life history of physical activity affect the physical work capacity in older men?
5. How does the life history of physical activity affect the trainability of older men?

METHODOLOGY USED: One hundred and twelve older Caucasian males aged 52 to 87 (mean = 69.5) volunteered for participation in a vigorous exercise training regimen. They exercised at calisthenics, jogging and either stretching exercises or aquatics at each workout for approximately one hour, three times per week under supervision. All subjects were pretested and 66 were retested at six weeks, 26 at 18 weeks and eight at 42 weeks on the following parameters: blood pressure, per cent body fat, resting neuromuscular activation by electromyography (relaxation), arm muscle strength and girth, maximal oxygen consumption, oxygen pulse at heart rate of 145, pulmonary function and physical work capacity on the bicycle ergometer. A subgroup of 35 was also tested before and after six weeks of training for cardiac output, stroke volume, total peripheral resistance and work of the heart at a workload of 75 watts on the bicycle.

MAJOR RESULTS OBTAINED: The most significant findings were related to oxygen transport capacity. Oxygen pulse and minute ventilation at heart rate of 145 improved by 29.4% and 35.2%, respectively. Vital capacity improved by 19.6%. Significant improvement was also found in per cent body fat, physical work capacity and both systolic and diastolic blood pressure. No significant changes were seen in any of the hemodynamic variables tested. Not a single untoward incident occurred during the 18 month tenure of the exercise program.

It was concluded that the trainability of older men with respect to

physical work capacity is probably considerably greater than has been suspected and does not depend upon having trained vigorously in youth. Also, improvement in muscular function at this age level probably occurs largely by improvement of central nervous system activation and only slightly, if at all, by muscular hypertrophy.

Two other studies were conducted in association with the original study: prescription of exercise for older men from telemetered exercise heart rate data and exercise intensity threshold for improvement of cardiovascular-respiratory function in older men.

USAGE POTENTIAL: An exercise routine consisting of calisthenics, jogging, stretching exercises and/or aquatics is both safe and effective for improvements in physiological functions for a normal population of older men in the presence of medical and physiological monitoring. The "prescription" of exercise is almost as necessary as the prescription of drugs. Therefore, it is important that the physician-patient relationship should be a close one during participation in the exercise routine.

F. M. Rutan (AA-0053)

FINAL REPORT TITLE: Research and Development Goals in Social Gerontology
PROJECT NUMBER: AA-0095
DATE OF REPORT: 1969

PROJECT DESCRIPTION: To develop guidelines for the stimulation and implementation of research and development programs to improve the lot of older Americans during the 1970's. A study group will review research needs in social gerontology and identify four or five specific areas of greatest need. It will delineate a set of research and development goals for a five-year period and define alternate mechanisms for systematic implementation of programs to attain these goals by both public and private agencies.

PROJECT DIRECTOR: Robert J. Havighurst
GRANTEE: Gerontological Society
5801 South Kenwood
Chicago, Illinois 60637 (II)

DESCRIPTORS: Aged; Economics; Education; Gerontology; Leisure; Poor; Research Needs; Social Services; Work.

ABSTRACT

STATEMENT OF THE PROBLEM: In America today there are almost 20 million persons 65 and it is estimated that in the year 2000, there will be nearly 30 million such persons. The purpose of the present research was to summarize the important research in social gerontology and delineate the most important questions for research investigation.

METHODOLOGY USED: Basically, the research was descriptive in nature and within the study, there were four areas of concentration:

1. work, leisure and education (flexible life styles);
2. living arrangements of older people (ecology);
3. social services for older people; and
4. the economics of aging.

The end product of the study was the formulation of position papers regarding the present status of research in each of the four areas enumerated above.

Data for the various position papers were collected by means of a search of the existing literature on social policy and practices of social, civic and governmental agencies with respect to the general health and welfare of people past 50 and especially with respect to people past 65 or 70.

MAJOR RESULTS OBTAINED: In the area of work, leisure and education and the development of flexible life styles for old people, the committee concluded that flexible life styles depend substantially on the opportunity for free choices and the use of this opportunity by people. For this reason, the committee suggested the need for research and experimentation with many of the rigid policies of traditional American institutions. For example, policies such as automation and compulsory retirement, lack of vested pension plans and arbitrary age limits on employment in certain occupations.

The second survey area involved human ecology and the living arrangements of older people. The Committee reported that present housing programs supported by the government provided less than 10% of the new construction needed by the urban aged and less than 2% of needed new housing for the rural aged. The Model Cities Programs, which in nearly all respects, appear to be stopgap measures to urban problems, appear

especially to represent social tokenism concerning the aged. Almost as critical as the problem of limited money is the conclusion that were money available for extensive expansion of housing for the aged there is little, if any, scientifically sound basis upon which to make decisions regarding such critical matters as structure, size and spatial location.

The committee's third area of focus involved suggesting research priorities for administering social services to the aged and the aging. In general, the committee concluded that social services, as presently constituted, are very inadequate, if not nonexistent, and are not meeting the needs of the aged. Because the majority of aging and aged adults in the U.S. do not live in institutions, social services need to be flexible and comprehensive. Elderly persons must have access to sources for simple information to immediate direct services during times of crisis. To achieve these goals it is necessary to clearly identify the elderly who require services and to ascertain their specific needs and requirements.

The last area of concern involved the "economics of aging." Referring to 1967 census data, the Committee showed that incomes of the aged were much lower than the younger population. For example, median family income for families headed by persons over 65 was $3,928 compared with $8,500 for families with heads aged 14 to 64. Comparable median incomes for persons living alone was $1,480 and $3,655 respectively. Future research regarding the following income maintenance issues may help resolve some of the tragic economic problems related to aging:

1. studies to provide data on the present and future income and wealth levels of old age;
2. the relationship of present income levels to preretirement incomes and to the general fiscal deficiencies of the aged;
3. examination of the economic decision making process during the transitional or early stages of retirement; and
4. considerations of the adequacy of current income maintenance institutions and the costs of developing alternative financial arrangements for these institutions.

USAGE POTENTIAL: The industrial and medical technologies of the 20th century have allowed for the development of a sizable, approximately 10%, population of elderly persons in the United States. This population will increase substantially in the future. To date, little attention has been paid to the needs of the elderly. This report takes cognizance of the fact and takes a forceful first stride to systematically identify the problems and methods of coping with problems of the aged.

Rehabilitation, thus far, has maintained little or no interest in the problems of the elderly. In the future, the demands of the elderly will require various rehabilitation personnel to actively assist the elderly. Also, the definition of rehabilitation can be expected to continue to broaden and be extended to the elderly as it has been recently extended to other special groups.

R. W. English (AA-0095)

TRANSPORTATION

AND SAFETY

FINAL REPORT TITLE: Part I - Transportation PROJECT NUMBER: AA-0018A
Final Report DATE OF REPORT: December 1969
PROJECT DESCRIPTION: To develop a mobile service for senior citizens as a means of transportation to health services and social activities.
PROJECT DIRECTOR: John Bell
GRANTEE: YMCA of Metropolitan Chicago
3763 S. Wabash Avenue
Chicago, Illinois 60653 (I)

DESCRIPTORS: Aged; Elderly; Interagency; Mobility; Transportation.

ABSTRACT

STATEMENT OF THE PROBLEM: The YMCA of Metropolitan Chicago developed a Senior Citizens Mobile Service for the purpose of transporting hundreds of older persons to health services and social activities offered by public and private welfare agencies which they would not be able to use, otherwise, because of lack of transportation.

METHODOLOGY USED: A mobile service office was established to which requests for transportation were directed. The mobile unit was a seven-passenger van. When this was inadequate to meet a large number of demands, busses were chartered, particularly for large groups interested in shopping expeditions. A second mobile unit was purchased in the third year of project operation. The mobile unit was in itself a public relations asset for the project as it had identifying information written on its sides.

The service provided free transportation for senior citizens to hospitals, shopping centers, churches, funerals, sports events, public libraries, Urban Progress Centers, Social Security Administration Offices, clinics, parks and museums. The units operated seven days a week, 10 hours a day. Success of the project hinged on several things. One was the communication system. This was a two-way radio linking the service office with the mobile unit. This system was designed after problems developed in attempts to communicate with a unit by telephone. With two-way radio communication, schedule changes could be made easily and drivers were able to render more efficient service.

Scheduling was done on a first-call, first-served basis. Senior citizens were encouraged to call early so that schedules could be made up in advance. The service office kept an index card on each person using the service. On this was recorded dates and destinations as reservations were called into the office. The clerk-dispatcher function required a reliable person responsible for scheduling drivers and dispatching the units. He was also in charge of informing drivers of special needs such as wheel chairs. It was necessary for the drivers to have chauffeur's licenses and be sensitive to the needs of the older people. Drivers were responsible for filling out daily participation reports showing the number of people carried by the unit.

MAJOR RESULTS OBTAINED: During the three-year demonstration project, the YMCA Senior Citizens Mobile Service served 1,606 different persons. A total of 30,403 trips were made resulting in costs of $32,000 for the transportation component of the project.

The project had a therapeutic effect on a large number of the older people. It reached the lonely, dejected, withdrawn seniors and gave them a new lease on life. Socializing involved in traveling together

opened their own lines of communication and resulted in lasting friendships being formed. Seniors participating showed new found independence.

The service was viewed as a supportive service by other organizations and agencies working with the elderly. A total of 48 allied agencies participated in the mobile service project in some way. The Martin Luther King Urban Progress Center donated $20,000 for the continuation of the service.

The project report contained samples of the scheduling and report forms as well as records of service during the three-year project. Also included were listings of participating agencies and sample letters of appreciation from citizens served.

USAGE POTENTIAL: The success of the project would indicate not only its continuation and possible expansion but also the possibility that it serve as a model for demonstration projects in other metropolitan and rural areas. To avoid duplication of services and promote optimal utilization, other agencies should be involved in the planning stages of such a project. This could make possible exchange of staff resources and services. Vehicles chosen should be reliable in order to avoid, as much as possible, dependence on taxis and other modes of transportation.

Dale Kohn (AA-0018A)

FINAL REPORT TITLE: Senior Citizens Mobile Service: Part II - Research and Methodology

PROJECT NUMBER: AA-0018B
DATE OF REPORT: December 1969

PROJECT DESCRIPTION: To evaluate the outcome objectives of the Senior Citizens Mobile Service of the YMCA in Chicago.

PROJECT DIRECTOR: John Bell
GRANTEE: YMCA of Metropolitan Chicago
3763 S. Wabash Avenue
Chicago, Illinois 60653 (I)

DESCRIPTORS: Attitudes; Leisure; Mobile Services; Recreation; Senior Citizens; Socialization; Transportation.

ABSTRACT

STATEMENT OF THE PROBLEM: This project was intended to evaluate the outcome of objectives of the Senior Citizens Mobile Service of the YMCA of Metropolitan Chicago. This mobile service was inaugurated in 1966 with a purpose of enriching the lives of senior citizens in a target area by going out to them, in contrast to the prevalent institution centered approach.

Specific objectives of the mobile program evaluated in this study were to:

1. conduct a program for the elderly in which services were brought to their homes or familiar surroundings;
2. develop a program of services that would meet the individual needs of the elderly;
3. assist the elderly in the elimination of frustration as a result of loneliness, fear, isolation and immobility by employing a group work approach;
4. develop a program of recreational and leisure activities which were meaningful;
5. determine the acceptability of "mobile services" approach to the elderly;
6. evaluate public acceptance of the program;
7. compare the effectiveness of nonprofessionals in performing work roles with the elderly;
8. record and summarize information which would enable agencies to better meet the needs of the elderly; and
9. determine the costs of the mobile program.

METHODOLOGY USED: The original design called for an experimental and control program, but due to funding problems, only one program was funded. The methodology used was based on an "evidence approach" which related the outcomes to the stated objectives. Three separate surveys were conducted over the four year period. Case studies were presented including a representative sample of people served from the beginning of the project. The latter necessitated keeping notes on cases from the beginning.

The first survey was related to socialization patterns of senior citizens. A sociometric type of instrument was administered by field workers to determine the extent of peer involvement among the aged and to determine the effects of efforts in the community. A total of 164 people were contacted in this survey.

The second survey, administered one year later, had essentially the same purpose as the first and in addition had the objective of identify-

ing more senior citizens in need of services. This survey was conducted by door-to-door canvas of an identified area.

The third survey was designed to measure the attitudes and initiative of senior citizens in socialization patterns. In this survey, the responses of 30 senior citizens living in a center were compared to responses of 30 senior citizens who did not live in centers.

Case studies were kept on cases representing the services provided by the mobile service. Similar case studies were kept for professional and nonprofessional workers in order that comparisons could be made.

MAJOR RESULTS OBTAINED: The results obtained were presented in light of the specific objectives mentioned previously. Objective number one, as to the value of the mobile approach, was evaluated through evaluation by senior citizens, directors of other programs and a result of a survey of transportation needs. It was concluded that it was a success when compared to the building centered approach. Evaluations of objective number two indicated that the combination of transportation and group worker services was effective in an approach to delivery of services. The first two surveys supported objective number three in that social isolation in their respective neighborhoods decreased significantly after the first year of operation. Partial success was demonstrated in regard to objective number four. Group tours, library visits and other outings were popular leisure activities. Objective number five was supported by unsolicited letters from the senior citizens. Public acceptance of the mobile service, objective number six, was generally judged to be well accepted. No judgment was made on objective number seven, leaving the reader the determination of effectiveness of the nonprofessional. Reports of objectives number eight and nine were not reported in this final summary, but included in other information.

Survey number one indicated that a need existed for more social involvement. Survey number two indicated that senior citizens, after one year of operation of this mobile unit, knew more people and socialized more. Survey number three indicated that there was no difference between those living in a center and others as to the expression of attitudes toward taking initiative at social functions.

USAGE POTENTIAL: The results of this project would seemingly have little usage potential outside of the immediate evaluation of the project. The case studies may provide some insights into the detailed operations of the mobile unit approach which were presented elsewhere.

Perhaps a more detailed and controlled study of such a program would give a better picture of the effectiveness of this type of approach. The mobile services approach may still have value for certain rehabilitation and social service problems. Whenever persons needing assistance are relatively immobile or isolated for other reasons, mobile evaluation and service centers may break down barriers and meet significant needs.

R. D. Taylor (AA-0018B)

FINAL REPORT TITLE: Part III - Outreach and Groupwork Services
PROJECT NUMBER: AA-0018C
DATE OF REFORT: December 1969
PROJECT DESCRIPTION: To locate those senior citizens in need of transportation to various health and welfare agencies as well as to other needed services.
PROJECT DIRECTOR: John Bell
GRANTEE: YMCA of Metropolitan Chicago
3763 South Wabash Avenue
Chicago, Illinois 60653 (I)

DESCRIPTORS: Aged; Elderly; Groupwork; Interagency; Mobile Service; Outreach; Transportation.

ABSTRACT

STATEMENT OF THE PROBLEM: A basic component of the Senior Citizens Mobile Service of the YMCA of Metropolitan Chicago was outreach, the location of senior citizens in need of transportation to the various health and welfare agencies, medical and shopping centers and other places offering services to the elderly. The main objective was to spread information about the transportation service via group workers.

METHODOLOGY USED: Flyers describing the services were distributed to elderly in the target area. Fifty blocks were selected as the immediate target area and three senior citizens in each block were interviewed by group workers. They were told of the service and were asked if they lived alone. Other information on age, health and economic conditions was requested, but often not received.

Interviewers filled out reports describing the block canvassed and indicating whether interviewees had cooperated and whether they seemed to live a full, average or limited life. During the project, group workers were exposed to, and became involved in solving, many problems of the elderly. An exchange of staff services took place between the Hull House Association and the mobile service. A member of the mobile service staff went to Hull House to help with program activities and render services to seniors living in family or senior housing units. In turn, a profesional social worker from Hull House became casework consultant to the service.

Another aspect of the project was encouraging the elderly to attend body dynamics classes at the Hull House-Hilliard Center. A swim class was also begun at the Wabash YMCA Center.

Small social groups were organized which participated in outings and other activities. A weekly public library program, which included showing of movies in the library auditorium, was a combined effort of the library staff and the mobile service.

MAJOR RESULTS OBTAINED: What began as a door-to-door canvass to spread information on the availability of the mobile service units for transportation ended with the involvement of staff in the development of small groups to meet social and other needs of the elderly. The group workers themselves developed into referral agents, resource specialists, group therapists and recreational and social directors.

It was learned that staff limitations could be strengthened by cooperation of personnel within various service centers. It was concluded that the group workers, although nonprofessional, maintained awareness of the needs of the people and moved in the most efficient directions

to meet those needs. The group worker was seen to hold the key to success in reaching people.

USAGE POTENTIAL: As an example of interagency cooperation this project has merit as it does in the context of the effectiveness of the social work performed. Although there was no methodology to the greater part of the activity, senior citizens were informed of the transportation services available and made use of them. The demand for and development of other social services may be of substantial interest to others concerned with ameliorating the plight of the lonely and unhappy aged individual.

Dale Kohn (AA-0018C)

FINAL REPORT TITLE: Senior Citizens Mobile Service: Part IV- Plans for Continuation and Expansion
PROJECT NUMBER: AA-0018D
DATE OF REPORT: December 1969
PROJECT DESCRIPTION: To plan for the continuance and expansion of the Senior Citizens Mobile Service after the conclusion of the demonstration grant.
PROJECT DIRECTOR: John Bell
GRANTEE: YMCA of Metropolitan Chicago
3763 South Wabash Avenue
Chicago, Illinois 60653 (I)

DESCRIPTORS: Aged; Community; Interagency; Mobile; Mobility; Planning; Senior Citizens; Transportation.

ABSTRACT

STATEMENT OF THE PROBLEM: This grant to the Senior Citizens Mobile Service project of the YMCA of Metropolitan Chicago, was for planning the continuation and expansion of the project after the end of the demonstration period.

METHODOLOGY USED: Meetings were called for the purpose of planning continuation of the project and discussing ways to meet needs which had become obvious during the three-year demonstration period. Thirteen such meetings were held between March 1, 1968 (the end of the second year of the project) and September 19, 1969. Representatives from agencies which had been involved with the service or were interested in it were asked to attend certain or all of the meetings. Some of these were the Cook County Department of Public Aid, South Park Urban Progress Center, Chicago Housing Authority, Illinois State Council on the Aging, Chicago Commission for Senior Citizens and the Social Security Administration.

Some suggestions hammered out during the earlier meetings were to ask aldermen and foundations for cooperation, to explore possibilities of help from the Model Cities Program, to develop a questionnaire for determining actual transportation needs of the elderly on the near south side of Chicago, to carry out a fund raising project (this evolved into soliciting donation of an additional mobile van) and to move headquarters for the service to Wabash YMCA cutting overhead operating costs by approximately $2,000.(this was done).

After Arpil, 1969, meetings held were sponsored jointly by the Mobile Service, the Hull House Association and the Division of Senior Citizens in the Department of Human Resources. As a result of these meetings:

1. A letter was mailed to agencies servicing the elderly on the near south side of Chicago inviting them to discuss their expectations of the Mobile Service and the Model Cities Program.
2. Agencies which would make use of the Service were identified so as to be approached for partial support.
3. Workshop sessions with community agencies to glean suggestions for financing were planned and held.
4. A decision was made to apply for continued funding to the Administration on Aging and through a Model Cities proposal, while continuing to work for community support (Administration on Aging funds would only apply to areas outside the Model Cities boundaries).

MAJOR RESULTS OBTAINED: At the close of the project period the problem of

support for the Service had evolved into the planning of an administrative technique for the support of the service through contractual agreements for financial support which would come from the agencies making use of the transportation service. Agencies would pay according to number of clients using the vans. The initial phase of the grant request to the Administration on Aging being made, thus, was for planning time to resolve such details as legal problems of the contracts. A similar proposal had already been submitted to the Model Cities Program.

USAGE POTENTIAL: A project such as this could develop into a model of inter-agency cooperation and support. The value of such a project, in itself, to the persons served is great in that it "rehabilitates" the old and immobile to perform worthwhile tasks, to better themselves socially and intellectually, to see to their own health care at clinics and hospitals and to do such things independently of the time and energy of relatives and others. The very fact that so many agencies were interested enough in the future of the service to attend planning meetings and attempt to solve the financing problem, testifies to the worth of the project and the community support it had. To rehabilitation counselors, social workers and administrators, it should be an example of what can be done when all segments of a community support a certain activity.

Dale Kohn (AA-0018D)

FINAL REPORT TITLE: The Senior Driver in the United States
PROJECT NUMBER: AA-0002
DATE OF REPORT: March 1970
PROJECT DESCRIPTION: To investigate the current status and problems of the senior or aged driver in the United States.
PROJECT DIRECTOR: Judge Sherman G. Finesilver
GRANTEE: Law Center
University of Denver
Denver, Colorado 80204 (I)

DESCRIPTORS: Accidents; Aged; Automobile; Driving; Insurance; Licensing; Mobility; Safety; Senior Citizens.

ABSTRACT

STATEMENT OF THE PROBLEM: The problem investigated in this study was the assessment of the current status and the problems of the senior or aged driver in the United States. The areas investigated were licensing, insurance, driving abilities, medical factors, driving records and other areas. The project lasted for a period of two years, 1968-1970. The final report includes and represents the results of 11 separate studies concerning the senior driver.

METHODOLOGY USED: The final report is a compendium, or summary of 11 separate studies. The studies conducted used a wide range of methodologies and were original research efforts. Opinion surveys and questionnaires were used in the data collection in the studies. Reviews of court cases and laws which digest previous research efforts on the senior driver, were used as a major source in the collection of data.

The following 11 areas of studies summarize the overall project:

1. The older driver - a statistical evaluation of licensing and accident involvement in 30 states and the District of Columbia;
2. A survey of insurance company's officials regarding insurability of senior drivers;
3. The results of new studies and their effects on insurance premiums of senior drivers;
4. Anticancellation insurance statutes;
5. A review of legal aspects of licensing and medical and health standards;
6. A report on improving safe mobility;
7. A survey of 376 traffic judges on licensing and driving ability of senior drivers;
8. A statistics report on the driving record of older drivers;
9. The effects of aging process on commercial drivers and pilots;
10. State reexamination requirements for older drivers; and
11. Health effects and the aging drivers and the physicians responsibility.

The project represented an attempt to collect and disseminate as much information as could be obtained on senior drivers. Each study or report could be considered a major effort.

MAJOR RESULTS OBTAINED: The results of the study of older drivers in the 31 jurisdictions indicated that older drivers as a group, are less likely to be involved in an accident than previously thought. Accident statistics collected and analyzed indicated that with respect to overall accident statistics, the older driver was under-represented in accident in-

volvement. The older driver was involved in fatal accidents nearly at a rate proportional to the percentage of population. Similar results were found regardless of size of the state or geographic location. Elderly drivers represented 7.4% of the total driving population in the areas surveyed, but were involved in only 4.8 % of all accidents. Older drivers average 7% fewer fatal accidents than their proportionate share of the driving population.

A 1968 survey of 125 insurance company executives revealed that insurance was harder to obtain and more costly for the older driver. However, in 1970, senior drivers in most states will receive a five per cent discount in insurance rates as a result of new studies. Many companies are offering a "guaranteed renewable" policy. Periodic physical examinations are being required in some instances.

The study of various anticancellation insurance statutes indicates that legislation has been an effective deterrent against arbitrary cancellation and nonrenewal. Nearly half of the states have passed or are now considering legislation prohibiting termination of insurance on the sole basis of old age.

The report on safe mobility stressed the importance of bringing together various agencies concerned with the safety of aged persons. There exists a need for expansion of safety programs.

The driving record of older persons indicated that accident proneness, involvment and driving infractions are not per se a condition of old age. Also, senior age status alone is not an indicator of driving ability and drivers over 65 years of age have a better driving record than those who are under 30. The revocation of a drivers license on the basis of old age alone has been found invalid in court rulings.

A survey of 376 traffic judges and other traffic officials rated the traffic citation frequency of senior drivers as relatively low. Executives of 167 of the the nation's trucking companies and 121 transit companies judged the professional senior driver (55 and over) as having safety records as good as or better than younger drivers.

Fourteen states and the District of Columbia have requirements for reexamination of the older driver but the ages of required reexamination varied. As long as the senior driver remained in good health and possessed mental facilities for good judgement, driving privileges should be retained.

USAGE POTENTIAL: The results of this study have far reaching implications and potential for those issues and questions regarding the senior drivers ability to drive and insurancing practices. Some of the effects of this study have already been put into practice as reflected by the insurance premium reduction. The traffic, rules, laws and regulations regarding the senior driver may and should be revised where contradictory to the findings in this study. Also, as a means of changing attitudes, this study would be most beneficial. Any group, individual or society showing prejudice against the senior driver should be exposed to this study. A compendium summarizing the knowledge on a particular social-legal problem as it bears on a minority or disadvantaged group may serve as a model for discounting myths and prejudices which have become associated with various disability and other minority groups.

R. D. Taylor (AA-0002)

FINAL REPORT TITLE: The Older Driver: A Statistical Evaluation of Licensing and Accident Involvement in 30 States and the District of Columbia

PROJECT NUMBER: AA-0106
DATE OF REPORT: January 1969

PROJECT DESCRIPTION: The project will aid the development of fair standards for licensing and insuring older drivers. The involvement of older people in traffic accidents and the practices of different states in licensing older drivers are being investigated.

PROJECT DIRECTOR: Judge Sherman G. Finesilver
GRANTEE: Colorado Seminary
University of Denver
Denver, Colorado 80204 (I)

DESCRIPTORS: Accident; Drivers; Elderly; Licensing; Rates; Study.

ABSTRACT

STATEMENT OF THE PROBLEM: Automobile accident statistics were collected and analyzed for 30 states and the District of Columbia. The purpose was to see what percentage of accidents involved drivers age 65 and older.

METHODOLOGY USED: The study used national statistics with breakdowns for the individual states. Lack of uniformity in accident reporting techniques and records and the absence of statistics for some states prevented compilation of rates for all states. However, 30 states and the District of Columbia were analyzed, studied and compared.

MAJOR RESULTS OBTAINED: The study showed that older drivers have less than their proportionate share of all accidents, fatal accidents and injury accidents. In the all-accident category and in the injury accident category, the older driver group had the lowest involvement rate of any age group. This study indicated that the trend of less than their proportional share of accidents for older drivers is a national rather than a local trend. Older drivers have low accident rates in populous and in sparsely populated states. Although older drivers are not involved in fatal accidents in proportion to their numbers, fatal accidents involving an elderly driver occur possibly because of their inability to withstand injury.

USAGE POTENTIAL: The study will interest state drivers' licensing agencies, insurance executives and operators of programs in drivers' education. It should also help to destroy the myths surrounding the driving capabilities of elderly persons. Some caution must be taken in interpreting these findings since they do not take into account the relative exposure rates of different age groups to auto accidents.

VOLUNTEERS AND AIDES

FINAL REPORT TITLE: Report on School Services Program for the Elderly
PROJECT NUMBER: AA-0058
DATE OF REPORT: 1968
PROJECT DESCRIPTION: To demonstrate the value of using older adults as teacher assistants in noninstructional tasks.
PROJECT DIRECTOR: John G. Kenyon
GRANTEE: Portland Public Schools
631 Northeast Calckamas Street
Portland, Oregon 97208 (III)

DESCRIPTORS: Aides; Attitudes; Education; Indigent; Older Adult; Placement; Schools; Senior Citizens; Teacher Aides; Teaching.

ABSTRACT

STATEMENT OF THE PROBLEM: The project served as a medium of relating and reducing two community problems:

1. the need of activity for socially isolated and indigent elderly persons; and
2. the elementary teachers need for relief from noninstructional tasks such as lunchroom supervision, hall and playground duties.

Sponsored by the Portland School System and two community colleges, the project included in its objectives the mutual understanding and respect to be derived from the association of children and elderly persons in this present age of "generation gaps." The project also proposed to evaluate the impact that release time of teachers would have on the educational program of the participating schools which agreed to give part-time employment to elderly persons.

METHODOLOGY USED: Through newspaper want-ads, persons over age 55 and indigent (less than $1500 income) were recruited for part-time work in schools located in neighborhoods in which they lived. The prospective workers were investigated then placed in an intensive training program designed to teach them their respective duties and familiarize them with school details. Applicants for the program exceeded openings four to one. The number of persons selected depended on the school population. The workers were assigned to tasks by the school principal which included lunchroom duty, lavatory supervision, street crossing duty, reading to small children, shepherding first graders to distant points, issuing playground equipment and helping in the school office. Included also were classroom visitations, P.T.A. meetings and holiday ceremonies. The workers were paid $1.50 per hour for work and training. The preliminary training was provided by two community colleges and the outlines are included in the project report.

MAJOR RESULTS OBTAINED: Evaluation of the project was obtained through the assessment of attitudes of children, principals, teachers and the elderly persons themselves. Attempts to collect objective data were difficult although questionnaires were used with principals and workers. Students below fifth grade were more accepting of the workers' presence and seemed to be favored by the workers themselves. The concept of "aged" to the students included persons age 30 and over, therefore careful analysis of students' attitudes were difficult.

According to the school principals, discipline was considered a major hurdle in the project and reduced the effectiveness of the senior workers. The principals preferred that the workers specialize in a single task and therefore, made assignments which paralleled ability. Men

were selected first because of the predominance of women already in the school building.

For the elderly, morale changes were assessed through a social adjustment instrument with the control group selected from those applicants not accepted for the work program. The results of the instrument indicated that there were no changes as a result of the school employment. Personal observation and subjective assessments indicate that there was a high degree of satisfaction from the experience. To obtain a measure of the impact of the project on teachers, absenteeism was selected as a criteria. However, the fact that teachers had noontime relief did not show a significant degree of change on the daily attendance of teachers. A most positive, yet unique, factor revealed by the project was the interest in school levy issues by the senior workers, some of whom were property owners and voters. Their understanding of school problems was effective in altering their own, and subsequently, their friends' attitudes towards voting on school bonds.

During the two-year project period the number of schools participating increased from 11 to 21, workers increased from 40 to 64 and substitutes from 14 to 19. The mean number of daily hours was 2.2. The age range of the participants was 55 to 82 with an average of 67. The education range of the workers was grade four through postgraduate education with the average education of the workers being 10th grade.

Although negative incidences were cited, the project was considered beneficial for the schools involved and for the elderly persons who participated.

USAGE POTENTIAL: The project report indicated that we are not callous, but ignorant of the needs of elderly persons. The project is one answer to providing a useful service for the elderly to perform.

For similar projects, the training afforded the participants should include more on-the-job experiences rather than extensive classwork as the individuals become tired easily.

Although newspaper ads were found most effective in recruitment, consideration needs to be given to the fact that the "invisible poor," those persons for whom these projects are primarily designed, may not have access to the newspaper, or, may not be able to read.

Variations on this project might be able to use the basic rationale and training plan evolved to use older persons for vitally needed supportive services in health, education and welfare programs.

Mary Lou McEver (AA-0058)

FINAL REPORT TITLE: Operation: Seasoned Service, A Report of the Corps of Senior Citizens Teacher Aides
PROJECT NUMBER: AA-0056
DATE OF REPORT: June 1968
PROJECT DESCRIPTION: To investigate the use of senior citizens as teacher aides.
PROJECT DIRECTOR: Ralph L. Hall
GRANTEE: Dade County Board of Public Instruction
Miami, Florida 33132 (XI)

DESCRIPTORS: Education; Employment; Evaluation; Noninstructional; Activity; Older Workers; Personal Adjustment; Personnel Selection; Placement; Public Schools; Rating Scale; Recruitment; Screening; Senior Citizens; Teacher Aides.

ABSTRACT

STATEMENT OF THE PROBLEM: An experimental program to recruit senior citizens for part-time employment as teacher aides was established in Dade County (Miami, Florida) Schools. The purpose of the project was to determine if senior citizens could perform effectively some of the noninstructional duties required of classroom teachers, and if this represented a potential resource of skills and manpower available for expanded use in the schools. Of interest to both the Administration on Aging of the U. S. Department of Health, Education and Welfare and the Dade County school system were two general areas of concern:

1. the value of the project in meeting certain personal, social and financial needs of the citizens themselves;
2. the extent to which the services of senior citizens as teacher aides benefit the instructional program of the Dade County schools.

METHODOLOGY USED: Except for some special activities to publicize the project, senior citizens were employed by the school system utilizing normal recruitment, screening and placement procedures applicable to noninstructional personnel. Special criterion of selection were used such as age, health, oral expression, positive attitude toward youth, cooperation, personality and specific educational skills such as industrial and language arts. Five specific hypotheses of the project were stated as follows:

1. The senior citizens will find part-time employment attractive in meeting their need for activity in endeavors related to their skills or former occupations.
2. The opportunity for part-time employment as a teacher aide will attract the quality and quantity of senior citizens desired for expanded use in the school system.
3. The senior citizen's performance as a teacher aide will make it possible for the teacher to effectively devote more time to professional duties and less time to nonprofessional duties.
4. The senior citizen's performance as a teacher aide will be generally acceptable to teachers, administrators and students.
5. The income offered by part-time employment as a teacher aide will be adequate to meet the supplementary income needs of substantial numbers of senior citizens.

To test these five hypotheses, a total of 10 new evaluative

instruments were developed including teacher rating scales, individual opinionaries for aides, teachers and administrators and activity charts on noninstructional duties.

MAJOR RESULTS OBTAINED: Twenty-five teacher aides were utilized eventually in the project ranging in age from 55 to 70 with the median age for men 64 and for women 62. Utilizing both objective and subjective data, all five of the hypotheses were supported generally. Senior citizens find employment as teacher aides attractive, they put their previous skills into practice, are willing to acquire new skills and encourage others to seek employment as teacher aides.

The quality of senior citizen attracted to the program was high and in larger quantity than could be utilized in the project. Teachers were relieved of noninstructional duties to improve the quality of classroom teaching and the senior citizen's performance as teacher aide was acceptable to teachers, administrators and to students alike. It was further found that the senior citizen would be reluctant to give up the income support provided by the project indicating that it was an adequate financial supplement to their income.

USAGE POTENTIAL: Although this project was a pilot study, the results obtained indicate that:

1. Senior citizens can be utilized effectively as teacher aides if they are selected and utilized properly.
2. Manpower resources of teachers can be channeled more effectively toward better teaching by relieving them of noninstructional duties.
3. The personal, social and financial needs of senior citizens can be met more adequately by employing them for educational, health and social services.
4. Rehabilitation efforts can be linked effectively with educational efforts through the utilization of the skills of senior citizens.

B. O. B. Thomason (AA-0056)

FINAL REPORT TITLE: Library Aide Project PROJECT NUMBER: AA-0033
DATE OF REPORT: June 1971

PROJECT DESCRIPTION: To determine the feasibility and assess the impact of using rural libraries in furnishing Senior Center type programs to older residents in 15 communities too small or isolated for regular senior centers.

PROJECT DIRECTOR: Thomas J. Hahn
GRANTEE: Orleans County Council of Social Agencies
10 Main Street
Newport, Vermont 05855 (I)

DESCRIPTORS: Aged; Aides; Employment; Interagency; Library; Library Aides; Rural; Senior Citizens; Social.

ABSTRACT

STATEMENT OF THE PROBLEM: The purpose of the project was to establish a library aide program for senior citizens, its main objective being to determine whether senior citizens could be employed effectively as aides.

METHODOLOGY USED: Initially 12 aides were employed, trained and assigned to locations in 12 libraries. Recruiting was through local librarians and trustees. The aides were selected according to age, need, capability and compatibility with the library system. Four-day training sessions were held, during the first year of the two-year project, at the Vermont State Regional Library in St. Johnsbury. Topics studied were filing, cataloging and other library procedures. Since this training method proved inadequate, during the second year training consisted of a series of 12 monthly meetings held in participating libraries, with two group meetings, one in the Newport area and one in the St. Johnsbury area. This kept travel expense and time spent at a minimum and also made for more individual participation. Instructors were the same as the first year, two individuals, one from the Regional Library and one from the Vermont Free Public Library System. Topics covered were book selection and evaluation, weeding the book collection, use of pamphlets and periodicals, study of basic reference books and indexes, general housekeeping details, care of books (mending and repair), helping readers locate information, ordering books, cataloging and classification, inventory, circulation routines, interlibrary loan and library programs, including public relations methods.

The project director worked closely with the Free Public Library Service of Montpelier in carrying out the project. A team of three persons was formed to evaluate the project. The geographic area of the project was divided into three parts and each evaluator visited libraries in his assigned area in order to make constructive reports, at first monthly then quarterly.

The project director served as bookkeeper and timekeeper and was active in directing aides to increase the scope and activities of the libraries. He kept records in order that full evaluation could be made of the project. He made monthly visits to participating libraries and maintained liaison with the State Library Service and educational facilities of the communities and state.

The project was supported by the Administration on Aging, but with contributions from the Vermont Free Library System and local

libraries, and was handled administratively by the local Community Action Agency.

MAJOR RESULTS OBTAINED: During the first 12 months, 22 senior citizens worked 9,577 hours in 20 different libraries, at the project wage rate of $1.50 per hour. In the second year, 22 senior citizens worked 11,490 hours in 20 different libraries. It was felt that one-third more library aides could be handled in the program without substantial increase in administrative costs.

As a result of the aide program, libraries had a definite increase in hours open to the public. More books were in circulation. A backlog of work was overcome in the areas of filing, cataloging, weeding out books, obtaining new ones, typing new book cards and cataloging foreign books. The project gave new life and inspiration to the elderly who participated. They felt needed and of value to those they served. Aide training programs were found to have been of assistance to the rural librarians, who were mainly housewives, as well as to the aides.

The interlibrary loan system was facilitated through the fact that aides brought records of books available in the area libraries up-to-date. The aides helped to make the libraries more attractive, through, for example, seasonal decorating.

Activities for the elderly were sponsored in some libraries, such as afternoon tea and birthday remembrances. Other elderly persons began to use library facilities through exposure to them and services for the handicapped were provided by the aides, such as delivery of books to nursing homes. The aides also identified persons needing special talking books or page turners to the Free Public Library Service in Montpelier who supplied them with the needed items.

The aides set up reading-aloud hours programs for the young and also helped them to find appropriate books, especially during the summer months. Nineteen women, mostly widows, and three men participated in the project with an average age of 66. The added income was a tremendous help to them, as most were trying to live solely on Social Security checks. None had been in a library since school days, but during the project none missed one day of work.

Finally, the Vermont Free Public Library Service estimated an increase of 61% in books requested from their department the last year of the project.

A major problem was continuation of the project at the termination of the grant period. Because of lack of funds, only seven of the 20 libraries were able to continue the aide program.

USAGE POTENTIAL: The project points to several conclusions of interest to other communities. Elderly citizens can make valid contributions to society in the role of library aides. The cost of training them need not be high and can be negligible even when the candidates do not have a great deal of formal education. In small rural libraries, the addition of an aide can make a valuable impact on the community. New and permanent part-time positions for senior citizens can be developed within the library system. Rehabilitation counselors and social workers who work with the elderly should find this report of interest.

The experience of this project has great implications for not only improving the economic lot of the elderly but also for tapping manpower resource for much needed services which enrich the lives of all members of the community.

Dale Kohn (AA-0033)

FINAL REPORT TITLE: The Project for Academic Motivation
PROJECT NUMBER: AA-0031
DATE OF REPORT: January 1969
PROJECT DESCRIPTION: To demonstrate that older volunteers can contribute to curriculum experience and furnish individual attention to help motivate underachievers.
PROJECT DIRECTOR: Mrs. Janet W. Freund
GRANTEE: Winnetka Public Schools
1155 Oak Street
Winnetka, Illinois 60093 (XIII)

DESCRIPTORS: Aged; Elderly; Programs; Recruitment; Retirement; School; Socioeconomic; Volunteer.

ABSTRACT

STATEMENT OF THE PROBLEM: The purpose of the project was to determine if school volunteer programs could be established successfully in schools and communities of varying socioeconomic patterns and if adults over 60 years of age could make meaningful contributions to such programs as school volunteers, coordinators of programs and recruiters of volunteers.

School volunteer programs utilizing services of older adults had begun in Winnetka Schools in 1959 during research into motivation of the academic underachiever. The title, "Project for Academic Motivation" continued to be used in this project even though the work of the volunteers extended beyond referrals for motivation.

METHODOLOGY USED: School administrators requesting participation in the program were involved in planning. Orientation meetings took place with boards of education, administrators and staff. Coordinators who supervised the volunteers in the schools were trained in college courses, adult education classes, inservice programs or seminars. Community personnel were trained in developing recruiting services for volunteers. This involved training in the organization of a volunteer bureau and the tapping of community resources. Establishing a liaison in each community agency was encouraged. This was particularly fruitful in the case of certain industries' retirement and preretirement programs. Recruitment was most successful through these groups: associations of retired persons, retired professional groups and service organizations. Volunteers from such groups were slated for volunteer positions, further recruitment, publicity and fund raising.

In training volunteers, materials such as tapes, film, reports and reprints were used in addition to verbal instruction. Administration on Aging staff did the preliminary instruction but local people distributed information and worked closely on program development.

Typically, a project started in one school in one community, then spread to the entire school district and then to other communities. By the end of a school semester, a school could utilize from 20 to 50 volunteers. The cost of each school program varied, but was not high. Sometimes cost only involved telephone and mailing. The recruiting agency could have a full-time or part-time director or

secretary. School coordinators could be paid or volunteer.

MAJOR RESULTS OBTAINED: A statistical summary on older adult volunteers was included in the project report. It reported on 14 different school districts. The average period the projects had been ongoing for most was between 1½ (four districts) to over two academic years (five districts). Socioeconomic status of districts was low (three districts), low middle (two), middle (three), upper middle (two), upper (two) and wide range (two). The number of volunteers ranged from 16 to 1,300. The number of persons over 60 in each district ranged from three in one district to 117 in another.

Contact with industry or professional organizations was reported to have been particularly productive when one individual took an active interest in the program and encouraged participation. Participants were very effective in involving other friends and associates. Publicity made for successful recruiting.

USAGE POTENTIAL: The report does not go into detail on the make-up of the school volunteer programs themselves or the activities taken part in by the older volunteers. However, the concept of utilizing the services of older adult volunteers in school programs should be of interest to both rehabilitation counselors and social workers working with the elderly. The experiences of this project in using volunteers will provide background for other service programs planning to involve volunteers in their program.

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Dale Kohn (AA-0031)